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Celebrity pg 37

Laughing in the face of adversity

Gladiators sure didn't have it easy

ENGLAND Dozens of headless skeletons excavated from a northern English building site appear to be the remains of Roman gladiators, one of whom had bites from a lion, tiger, bear or other large animal, archaeologists said yesterday. Experts said new forensic evidence suggests the bones belong to the professional fighters, who were often killed while entertaining spectators.

Archaeologists say while the burial ground is not the first to be uncovered, it is among the best preserved.

THE ASSOCIATED PRESS

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SCANLIFE
WHAT'S THIS BARCODE FOR?
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Food pg 29

Cornish hen with a twist

On the web
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Fashion

What's the gossip?

DIMITRIOS KAMBOURIS/GETTY IMAGES

Actor Ed Westwick, who stars in the TV show Gossip Girl, attends the 2010 CFDA Fashion Awards yesterday at the Lincoln Center in New York City.

Making waves

Group wants to name fake lake for G8 summit

The Council of Canadians says the fake lake G8 organizers are building inside their Toronto media centre deserves a name.

The protest group is applying to the Geographical Names Board of Canada to have the artificial indoor lake named "Harper's Folly."

G8 Summit

"This lake must have an appropriate name, and who better to name it after than Prime Minister Stephen Harper, who approved of this expenditure as well as another $1.1 billion to be spent on three days of meetings," the group says in its application to the names board.

The lake is part of a $1.9-million display called The Canadian Corridor, meant to expose reporters to what Canada has to offer. It's supposed to give them the feeling of being in the Huntsville area where the G8 summit will be held at the end of June.

The lakeshore is lined with racks of canoes donated by Muskoka residents, as well as deck chairs and a fake dock that camouflages several recharging stations for BlackBerrys.

Only a small pool of about 200 reporters, from thousands expected, will be allowed to cover the G8 in Huntsville, and the rest will have to rely on a broadcast feed of the event fed into the media centre in Toronto.

The federal Tories have been criticized for budgeting $1.2 billion to host the G8 summit in Huntsville and G20 in Toronto. Officials stress the $1.9-million cost is split between the federal and provincial governments, and the bill is not just for the lake. It will also showcase the City of Toronto and tourism in Ontario.

THE CANADIAN PRESS

Officials trying to score perfect footy viewing setting

WORLD CUP It's all very hush-hush, but the British government has its agents prowling the city on an all-important G20 mission. They are searching for a suitable pub where their delegates can watch England play in the World Cup.

Perhaps the most delicate diplomatic issue for those inside the Summit Management Office (SMO) in Toronto is trying to figure out how leaders and their aides can tune in to World Cup games live from South Africa.

The task is proving to be vexing.

"The SMO has assured us the delegates and all the media will be able to watch the games as they happen," said Catrin Stibbe, press secretary for the German consulate.

Fourteen of 24 nations invited to the G20 are participating in the most popular sporting event on Earth.

TORSTAR NEWS SERVICE

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SCANLIFE

Local

Mayor McCallion, PhD

The University of Toronto honoured Hazel McCallion, Mississauga's longest serving mayor, yesterday with an honorary doctor of laws — in recognition of her remarkable contributions to public life — at its UTM Spring Convocation in Convocation Hall at U of T.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

West View

Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca

WHAT'S ONLINE TODAY

Video Toronto dedicates Route of Heroes as a permanent tribute to Canada's slain veterans at **metronews.ca/canada**

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Plug pulled on prescription payouts

Ontario to eliminate $750M in funding on July 1, some drug prices likely to rise

Get ready to pay more for your prescription medications.

The provincial government moved yesterday to eliminate $750 million a year in so-called professional allowance fees paid by generic drug companies to pharmacists, despite warnings the move could lead to new charges for patients, service reductions and store closures.

In exchange for pulling the plug on the lucrative payments starting July 1, the government will invest $224 million a year in pharmacies, the bulk of that to raise dispensing fees by $1 to $8 per prescription.

There is $25 million to pay for even higher dispensing fees in rural and northern communities, reaching up to $12 per prescription if there is no other drug store for 25 kilometres.

The government is wiping out the professional allowances in hopes of lowering generic drug prices by about 50 per cent, complaining that the fees have driven prescription prices in Ontario up to five times higher than some other provinces and U.S. states.

It wants generic prices to be no more than 25 per cent of the cost of the original brand name medication. TORSTAR NEWS SERVICE

ShareYourViews
torontoletters@metronews.ca

City unveils Route of Heroes

MILITARY A ceremonial route that winds its way through the streets of Toronto was unveiled yesterday as a permanent tribute to Canadian soldiers slain abroad.

The new Route of Heroes picks up from the Highway of Heroes — the major highway that runs to Toronto from CFB Trenton, where the bodies of soldiers are repatriated.

On hand for the unveiling of the first dedicated street sign, Cpl. Christopher Miller of Hamilton welcomed the official designation as "very fitting."

"Having had two close friends come across the route, it means a whole lot to me," said Miller, who served in Afghanistan in 2006. "It helps me."

The Route of Heroes begins where Highway 401 feeds into the Don Valley Parkway. The route runs south to Bloor Street, west to Bay Street, then to the coroner's office on Grenville Street.

THE CANADIAN PRESS

LUCAS OLENIUK/TORSTAR NEWS SERVICE

David Adamson of the Royal Canadian Legion, from left, Brig.-Gen. Jean Collin, and Mayor David Miller unveil the Route of Heroes yesterday morning on Bloor Street near the Don Valley Parkway's Bloor/Bayview exit ramp in honour of Canada's fallen soldiers.

Pride honorees return their trophies in protest

CENSORSHIP The speeches were forceful and short, the applause long and loud.

One by one, almost 20 high-profile award recipients of Pride Toronto gave back their trophies yesterday morning, criticized the organization for trying to curb freedom of speech and allowing the parade to be corporatized, and called for reclaiming the event.

"In silencing dissident voices for justice, it is our history as queers that they silence," said El-Farouk Khaki, a lawyer who specializes in helping gay refugee claimants. "Till the ban is rescinded, I cannot retain my awards."

Queer activists came together in protest against Pride Toronto's ban of the phrase "Israeli apartheid" at the Church Street Community Centre.

Pride Toronto's board voted to ban the phrase from the event on May 25. The decision, made amid pressure from city councillors, sponsors, mayoral candidates and Jewish advocacy groups, targets the activist group Queers Against Israeli Apartheid, which created a controversy when about 200 of its members marched in the parade last year. TORSTAR NEWS SERVICE

News in brief

MAX MILLIONS Canadians will have a shot at the country's largest-ever lottery prize total this Friday — $70 million. There was no winner in last Friday's Lotto Max draw, so the jackpot remains at the maximum of $50 million. Ontario Lottery and Gaming Corp. spokeswoman Sarah Kiriliuk says it will be the fourth time that amount is being offered as a jackpot. However, she says the number of Maxmillions draws will rise to 20 separate $1 million prizes — up from the five offered last Friday.

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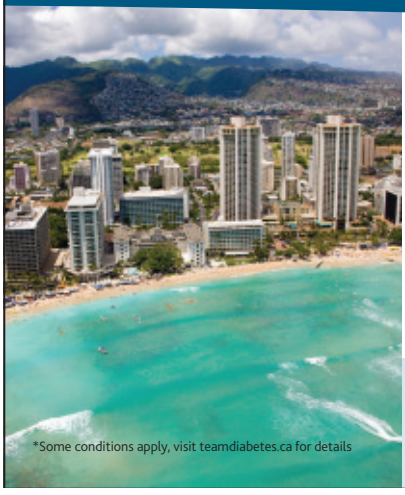

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Man charged with '80s sexual assault

A 55-year-old Trenton man is facing sexual assault charges for incidents alleged to have taken place in Oshawa in the 1980s. THE CANADIAN PRESS

Officer accused duo of stealing mower: Suit

The young men had just finished cutting a client's lawn and were walking home with their equipment when an OPP car pulled up beside them.

According to a statement of claim filed yesterday in Brampton small claims court, that's when things went wrong.

"Where did you steal that from?" the officer, Pablo Perriera, asked Kyle Scheibe and his assistant, the claim says.

Scheibe, who is 19, said he was running a small landscaping business and that the equipment belonged to his father, Ron Scheibe. He also provided the address of the job he had just finished and showed the officer a flyer as proof of their business.

Standing beside him was his assistant, Zarik Furmanov, a 20-year-old with Tourette's syndrome.

Furmanov's nose was bleeding — his condition causes him to involuntarily punch himself — but according to the claim the officer implied he had been taking illicit drugs.

Perriera, according to the statement of claim, checked serial numbers before confiscating the lawn mower, weed trimmer, shovel, gas can and screw driver. While Scheibe walked home, Perriera handcuffed Furmanov and put him in the cruiser. He drove to the client's home and "advised them that the plaintiff had been using stolen property while caring for their lawn," according to the lawsuit.

Perriera then went to Scheibe's home, released Furmanov, taunted them and threw the screwdriver on the driveway, stating, "That's all you get," the lawsuit says.

After returning to his car, Perriera used the cruiser's loudspeaker to call the pair "retards" and said "he (officer Perriera) would be using the lawn mower on his own lawn tonight," the statement says.

Ron Scheibe later went to the Bolton OPP detachment after hearing the tale. "I had to beg to get my own equipment back and they still weren't going to give it back to me," he said.

The lawsuit seeks $25,000 in damages and names the Ontario Provincial Police and Perriera.

The OPP has declined to comment on the lawsuit.

TORSTAR NEWS SERVICE

> **"I had to beg to get my own equipment back and they still weren't going to give it back to me."**
> Ron Schiebe

Clement pushing to relax foreign telecom rules

COMMUNICATIONS Federal Industry Minister Tony Clement says allowing more foreign investment in Canada's telecom sector would ramp up competition and encourage innovation, which would ultimately benefit consumers.

The minister told an audience at the Canadian Telecom Summit yesterday that he will push forward with changes to telecom regulations this week, first by opening the process to public and industry comment.

"We will be confirming that we are intending to move ahead with telecom reform when it comes to foreign direct investment and the need of having that reform," Clement said at the conference, held in Toronto.

Clement added he will be releasing a consultation paper on the topic in coming days and will seek feedback from both industry players and consumers.

Clement said he wants large carriers like Rogers and Bell to have access to foreign capital while also providing the means for new entrants and smaller players to meet their capital needs.

The established carriers have called for the regulations to be opened up for every company, no matter their size, while several new entrants want foreign capital open to only companies with less than 10 per cent of the market share. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Minister of Industry Tony Clement speaks at the Canadian Telecom Summit in Toronto yesterday.

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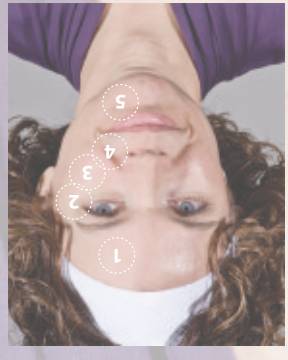

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G20 blockades rising

Crews erecting barriers weeks ahead of summit

G20 Summit

Thick concrete blocks and steel poles holding wire-mesh fencing have gone up overnight just south of the Rogers Centre as crews start installing security barriers for the G20 summit.

The nearly three-metre-high fence stretches along Rees Street from Lake Shore Boulevard West to Bremner Boulevard, with another barricade stretching about 20 metres along Lake Shore south of the Steam Whistle Brewery.

Barricades were also stacked up between the CN Tower and Rogers Centre.

Frames for the fencing have been installed on Bremner, south of the CN Tower.

"I don't know if we'll be allowed to even walk through to get to the GO station," said Stacey Martin, who lives near Lower Spadina and Lake Shore Boulevard. "This seems very early to me. G20 is still three weeks away."

Security fences will go up in two phases. The outer, or yellow zone, is a pedestrian- and traffic-controlled area around the Metro Toronto Convention Centre, Union Station and Rogers Centre. The innermost security zone, the red zone, will wrap around the convention centre and other nearby buildings.

Officials said multiple gates with security checkpoints will eventually be erected but plan to keep the area open to vehicles and pedestrians until the evening of June 25. The G20 summit runs June 26-27.

Residents and workers who need access to the yellow zone can ask for a registration card, which will require submitting photo ID and personal information to the summit office.

TORSTAR NEWS SERVICE

THE CANADIAN PRESS

"This seems very early to me. G20 is still three weeks away."
Stacey Martin, area resident

Toronto 18 accused was within rights: Lawyer

TRIAL The evidence against an accused member of the so-called Toronto 18 terror cell amounts to nothing more than a young man exercising his right to debate, associate and worship, his lawyer told court yesterday.

And nothing Asad Ansari did was terrorism or even criminal, lawyer John Norris told the jury in his closing submissions.

"Much of the evidence relied upon by the Crown against Mr. Ansari arises from his own exercise of fundamental freedoms," said Norris. "You must draw the line between criminal and non-criminal activity with great care in this case and once you have done so you will see, ladies and gentlemen, that nothing Mr. Ansari did has crossed the line into criminality."

Ansari, 25, is on trial with Steven Chand, 29, charged with participating in a terrorist group. Chand is also charged with counselling to commit fraud over $5,000 for the benefit of a terrorist group.

The two were on trial with Fahim Ahmad, who pleaded guilty mid-trial after the jury heard weeks of evidence that he was plotting to attack Parliament, electrical grids and nuclear stations. THE CANADIAN PRESS

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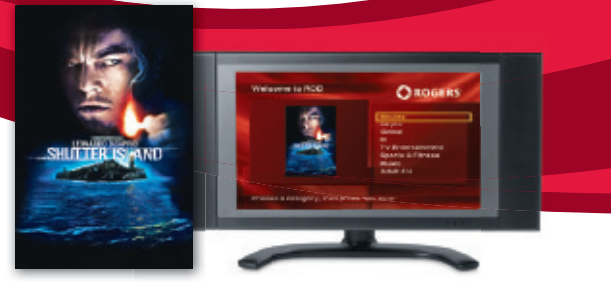

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Fire damages one of the oldest homes in Winnipeg

For the second time in a decade, fire has damaged Barber House, one of the oldest houses in Winnipeg, built before the first Riel Rebellion that helped make Manitoba a province. THE CANADIAN PRESS

Canada

Motorcycle clocked going 200 km/h

Provincial police have charged a man with stunt driving after a motorcycle was clocked doing more than 200 kilometres per hour. A speeding bike was spotted by a patrol aircraft Sunday afternoon on Highway 403 near Brantford, Ont., where the posted limit was 100 km/h. Keith Corbett, 35, of Delhi, Ont., had his motorcycle seized for seven days and he received a seven-day licence suspension.

THE CANADIAN PRESS

Troops mourn fallen soldier

Sergeant killed in blast day before NATO suffers heavy casualties

Lt. Matthew Hoare won't soon forget the battlefield lessons he learned from Sgt. Martin Goudreault.

"The guidance that he gave me personally is something that I will always carry with me," Hoare said of Goudreault, who on Sunday became the latest Canadian soldier to die in Afghanistan when he was killed by the blast of a makeshift bomb.

Before dawn yesterday, hundreds of soldiers gathered on the tarmac of Kandahar Airfield as a procession of military pallbearers carried Goudreault's flag-draped casket and placed it into the back of a military transport, where it began its long journey back to Canada.

Goudreault, 35, a member of 1 Combat Engineer Regiment, based in Edmonton, was looking for a stockpile of insurgent weapons when the blast occurred shortly after sunrise near the village of Nakhonay, in the perilous Panjwaii district west of Kandahar city.

The native of Sudbury, Ont., was on his third tour of duty in Afghanistan.

News of the death was sinking in on a day that proved particularly difficult for the NATO contingent in Afghanistan.

Seven U.S. soldiers were killed in three separate attacks yesterday. Three other NATO soldiers from other countries were also killed in attacks, bringing the day's death toll for the alliance to 10.

THE CANADIAN PRESS

HO/THE CANADIAN PRESS

Sgt. Martin Goudreault is shown in this undated handout photo. Goudreault, 35, died Sunday after an improvised explosive device went off in the Panjwaii district in Afghanistan.

147 Sgt. Martin Goudreault's death brings to 147 the number of Canadian military personnel who have been killed as part of the mission in Afghanistan.

Doctors frustrated by delays in repairing nuclear reactor

ISOTOPES Doctors who rely on medical isotopes to diagnose ailments say they are "very frustrated" it's taking so long to repair a leaky Canadian nuclear reactor.

The Society of Nuclear Medicine took aim yesterday at Canada's flagship nuclear company for the repeated delays in fixing its aging reactor at Chalk River, Ont.

"We've been waiting for a year," said Dr. Robert Atcher, the group's past-president.

"Initially they told us a month before they would have repairs done, then subsequently three months, then after that six months, then we didn't even get any deadlines."

The reactor supplied a third of the world's medical isotopes until Atomic Energy of Canada Ltd., shut it down last May after finding a pinhole radioactive water leak. AECL's best guess is the reactor won't be back up until the end of July.

THE CANADIAN PRESS

News in brief

DISCHARGE Military police are investigating why the main gun on a tank unexpectedly fired a blank round, injuring 11 at Canadian Forces Base Gagetown in New Brunswick, a spokeswoman said yesterday. THE CANADIAN PRESS

Documents show Ottawa's 'pervasive message control' to paint blood-soaked Afghan war as peace mission.

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Fire leaves nearly 100 homeless in Halifax

Officials are appealing for help to find accommodations for people left homeless by an apartment fire last week in the Halifax area. The Red Cross says it's not clear when the almost 100 tenants of the 74-unit building on Roleika Drive in Dartmouth will be able to return. THE CANADIAN PRESS

Leamington tornado confirmed

Environment Canada has confirmed an F-1 tornado touched down in Leamington early Sunday morning.

Tornadoes are ranked one to five, with one considered to be on the low end of the scale and causing moderate damage.

The storm left a path of destruction that was two kilometres long and one kilometre wide, including uprooted trees and torn off roofs.

Officials had said about 400 metres of that appeared to have been caused by a tornado, and also confirmed yesterday the rest of the damage was caused by a downburst.

Hydro One says downed power lines left about 4,500 customers without power after the storm, but crews working through the night managed to restore power to more than half of them by yesterday morning.

The utility said most customers should have had their lights back on by last night, but some may have to wait until this afternoon.

"Our crews are working tirelessly to clean up the downed trees and repair the broken lines and poles so that the local community can get back to business as soon as possible," said Hydro One spokesman Myles D'Arcey.

Residents are being warned to be careful when cleaning up debris, especially if downed hydro lines are in the area.

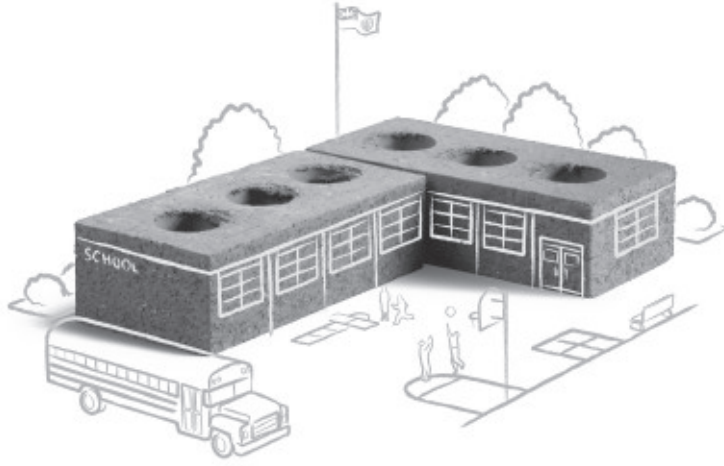
Building-supply stores reported brisk business for items such as tarps, plywood, chainsaws and generators.

There were no reports of serious injuries.

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS

Paul Verheyen looks over the damage to his house caused by a severe storm and possible tornado in Leamington Sunday. He and his family were not home at the time.



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Canadian claims to have raid photos

GAZA Canadian activist Kevin Neish says he was able to smuggle photos off a flotilla of ships that was raided by Israeli troops off the Gaza coast last week.

Neish's photos were being published yesterday in the Arab world.

The retired marine engineer from Victoria said he hid a photo card from his camera in his mouth, pockets and on his body while he was being detained by Israeli soldiers following the high seas confrontation a week ago that left nine activists dead.

Neish said he took photos during the attack then threw away his camera. He said he was not body searched by the Israelis and when he was allowed to leave the ship, he gave the photos to a Turkish aid group. Neish said he saw many badly injured people and two dead people with what he says were small-calibre bullet holes in their heads, leading him to believe they were executed.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 13

News in brief

OIL Newfoundland and Labrador Premier Danny Williams says demanding a relief well for Canada's deepest-ever oil well off Newfoundland would threaten exploration. He said a simultaneous relief well would "dramatically" increase costs of the well Chevron is drilling 2,600 metres under the North Atlantic. He said deep sea exploration for oil would probably stop — costing the province billions in lost revenues. Williams said governments must balance risk with reward, adding that Chevron has put extra safeguards in place.

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Thornhill
Promenade Mall
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Oshawa Centre
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Danish cartoonist retires

Danish cartoonist Kurt Westergaard, who caricatured the Prophet Muhammad and caused outrage in the Muslim world, said yesterday he is quitting because he is getting old. "One has to stop at some point," Westergaard said, adding that he has been working since age 23. He turns 75 on July 13. THE ASSOCIATED PRESS

World

Prince Charles to take time off

Buckingham Palace says Prince Charles will take three days off next week to try to shake a persistent chest infection. The Prince of Wales has been suffering from the infection for more than a month and doctors have advised him to take some time off. Charles, 61, will miss the Royal Ascot horse race June 15 and a formal procession in Windsor that takes place the day before. THE ASSOCIATED PRESS

7 convicted 26 years after gas leak

INDIA A court yesterday convicted seven former senior employees of Union Carbide's Indian subsidiary of "death by negligence" for their roles in the 1984 leak of toxic gas that killed an estimated 15,000 people in the world's worst industrial disaster.

Survivors of the Bhopal accident, some of whom gathered in this central Indian city chanting slogans, said the light sentences — two years in prison — are too little.

On Dec. 3, 1984, a pesticide plant run by Union Carbide leaked about 40 tons of methyl isocyanate into the air, quickly killing 4,000 people. Lingering effects of the poison raised the death toll to about 15,000 over the next few years, says the government. THE ASSOCIATED PRESS

Good news and bad news

Oil leak slowing, but tar balls come ashore on Florida tourist hot spots

The geyser of oil spewing from the sea floor is tapering off day by day, but there's no quick fix for containing much of the sticky mess spreading across the Gulf of Mexico, defiling wildlife and beaches normally teeming with sunbathers and swimmers.

A cap over the ruptured wellhead is now capturing more than 1.7 million litres of oil a day, U.S. Coast Guard Admiral Thad Allen said yesterday in Washington. Judging by flow rate estimates supplied by the government, the cap could be collecting anywhere from 37 per cent to 77 per cent of the oil still gushing out.

The battle against the oil now involves "hundreds of thousands" of individual patches, said Allen, the U.S. government's point man for the spill response. Small vessels in the area have been enlisted to help capture those patches using skimmers. The slick from the ruptured pipe off Louisiana has stained beaches and marshes in spots along more than 160 kilometres of coast from Louisiana to Florida, and a sheen on the surface was spotted as far as 240 kilometres west of Tampa. The tourist hot spot of Panama City Beach expected oil to reach its famous beaches within 72 hours, which would mark a new easternmost point for the oil washing ashore.

"We have just entered the area of uncertainty for about half of our beach," said Dan Rowe, president of the city's visitors bureau. "We are still hoping tar balls don't show up here, but we are putting the contingency plans in place and everyone is out there looking at the beach and inspecting it." THE ASSOCIATED PRESS

JOE RAEDLE/GETTY IMAGES

Workers clear a beach as oil residue washes up on Pensacola Beach in Florida yesterday.

News in brief

COLOMBO Sri Lanka's president met Tamil leaders yesterday and promised a political solution to a protracted ethnic conflict for the first time since his forces ended the country's 25-year civil war. President Mahinda Rajapaksa met Rajavarothayam Sambanthan, leader of Tamil National Alliance, and asked them to trust him to deliver a solution. This is the first time the sides have met to discuss a solution since troops defeated Tamil Tiger rebels last year. THE ASSOCIATED PRESS

White House, colleagues denounce Israel comments made by veteran journalist Helen Thomas

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IAEA head singles out Iran

The head of the International Atomic Energy Agency singled out Iran for the first time yesterday as a "special case" over suspicions of nuclear weapons. THE ASSOCIATED PRESS

world 13

Egypt abandons Gaza blockade indefinitely

After three years of co-operating in the Israeli blockade of Gaza, Egypt said yesterday it will leave its border with the Palestinian territory open indefinitely for humanitarian aid and restricted travel.

With international pressure building to ease the blockade, an Egyptian security official said sealing off Hamas-ruled Gaza has only bred more militancy.

The decision to ease the restrictions erected by Israel to isolate and punish Hamas comes a week after a deadly Israeli raid on a flotilla bound for Gaza. The move restores a link to the outside world for at least some of Gaza's 1.5 million Palestinians. It also appeared calculated to defuse anger in the Arab and Muslim world over Egypt's role in maintaining the blockade and to show that Egypt, too, is now pressing Israel to open at least its land crossings with Gaza.

"Egypt is the one that broke the blockade," Egyptian Foreign Ministry spokesman Hossam Zaki said. "We are not going to let the occupying power escape from its responsibilities."

The U.S., which has called the current border restrictions unsustainable, is among those pressing for changes. U.S. Vice-President Joe Biden met yesterday with Egyptian President Hosni Mubarak in the Red Sea resort of Sharm El-Sheikh. He released a statement afterward saying the U.S. is closely consulting with Egypt and other allies to find new ways to "address the humanitarian, economic, security, and political aspects of the situation in Gaza."

In another escalation of the tension off Gaza's shores, Israeli naval forces shot and killed four men wearing wetsuits off the coast yesterday. The militant group Al-Aqsa Martyrs' Brigades said the men were members of its marine unit training for a mission.

Egypt was not exactly a reluctant participant in imposing the blockade. Like Israel, Egypt watched with concern as Hamas militants wrenched control of Gaza from their rivals in the Fatah movement of Western-backed President Mahmoud Abbas during bloody street battles in 2007.

Egypt, which had its own war against Islamic radicals in the 1990s, fears sharing a border with a territory controlled by Islamic militants who have the backing of rising regional rival Iran. THE ASSOCIATED PRESS

Woman loses eye

- The U.S. has asked Israel to investigate the incident in which an American woman lost an eye after Israeli forces shot her with a tear gas canister during a pro-Palestinian protest in Jerusalem, a U.S. embassy spokesman said yesterday.

Littering in Singapore? Grab a broom

ASIA Singapore, where painting graffiti can get you caned and drug smugglers are hanged, is trying a new tactic against the city-state's litterbugs: Embarrassing them in front of their neighbours.

After studying the causes of littering for a year, the government yesterday boosted police patrols of "littering hot spots," added more and larger public trash cans and warned that two or more littering violations could lead to sentences of picking up trash in busy public areas while wearing a bright orange vest.

The shame campaign is the latest twist in a years-long effort to reinforce a squeaky-clean image that helps Singapore regularly top expat quality-of-life polls. Singapore has one of the lowest violent crime rates and highest standards of living in the world.

WONG MAYE-E/THE ASSOCIATED PRESS

A woman walks past a trash bin yesterday in Singapore.

Singapore also has a well-earned reputation for harsh punishments of minor crimes. Vandalism carries a fine of around $1,400 US or up to three years in jail, in addition to three to eight strokes of a cane.

The government hopes public cleaning assignments — community centres, shopping malls and bus stations — will shame Singaporeans into putting garbage where it belongs.

Singapore "will be making work orders more visible to the public by conducting more exercises in public areas with heavy human traffic," the local environment agency said in a statement. "Many offenders felt that it's very embarrassing." THE ASSOCIATED PRESS

Gunman is relative of former Yankees pitcher

FLORIDA A gunman shot and killed his wife outside a Miami-area restaurant where she worked, then targeted women inside and killed three others before committing suicide, police said yesterday.

Police said Gerardo Regalado, 38, bypassed at least two men when he fired at the women inside. Three women were hospitalized in critical condition, Det. Eddie Rodriguez said.

"He went straight for the women," Rodriguez said.

Regalado is the half-brother of former New York Yankees pitcher Orlando (El Duque) Hernandez.

The shooting Sunday night began in a parking lot outside the Yoyito Restaurant in Hialeah, where Regalado was seen arguing with Liazan Molina, Rodriguez said.

THE ASSOCIATED PRESS

"He went straight for the women."
Det. Eddie Rodriguez

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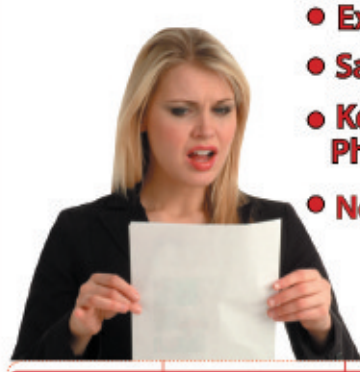

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'Robin Hood' and his merry men ride again

Norm Beach

If you look up Robin Hood on the Net, you might see a movie trailer. Or you might stumble upon a band of merry (and fiendishly creative) men and women who have started a popular movement in Robin Hood's name aiming to take from the rich and give to the poor. During the lead-up to the G8 and G20 summits they've persuaded some powerful people to pay attention.

Although there's talk of a worldwide Financial Activities Tax (appropriately called FAT) to be paid and used by banks to stave off bankruptcy, the modern Robin Hooders have a better idea. It's a Financial Transactions Tax (FTT) to help fund services the rest of us need, like transit, health care and environmental protection. Since the money raised would benefit people poorer than the average banker, it's been dubbed the Robin Hood Tax.

The tax would be set at five cents per $100 of investment. (This is one one-hundredth the rate of the GST.) It would generate, mostly from the wealthy, hundreds of billions of dollars annually. As a Sherwood Forester might put it, the richest lords and ladies of our realm have a lot of loot in their carriages.

The Robin Hood Tax would not apply to normal day-to-day banking transactions and would have a negligible effect on investments. It's been endorsed by hundreds of economists, including Nobel laureate Joseph Stiglitz (who calls it one of the great opportunities of our time) and the European Parliament.

Whenever Canadians call for better transit, health care or environmental protection, we're told there's no money. Well, there is money, but the government is looking in the wrong places to find it. Why can't a guy who buys a piece of a hedge fund afford a nickel on each $100 of investment when the rest of us pay a nickel on the dollar on a piece of pizza?

The middle class shoulders the biggest tax burden, even though others can better afford to pay. You could spend your time moaning that the poor get poorer and the rich richer — or you could go to the Robin Hood Tax website (robinhoodtax.ca/), sing along with the cheeky songs, check out the celebrity skits and look at the proposal. Then join a campaign that's our best hope for fairness in taxation — and a greener planet.

Norm Beach is a writer and teacher.

MICHAEL DE ADDER

Quote of the Day

"This is something basically that people took for granted for years ... I guess, partly in a way, we're learning ... the motherhood type of thing that you don't put all your eggs in one basket."

— DR. ROB BEANLANDS, CHIEF OF CARDIAC IMAGING AT THE UNIVERSITY OF OTTAWA HEART INSTITUTE. DOCTORS WHO RELY ON MEDICAL ISOTOPES TO DIAGNOSE AILMENTS SAID YESTERDAY THEY ARE "VERY FRUSTRATED" THAT IT'S TAKING SO LONG TO REPAIR A LEAKY CANADIAN NUCLEAR REACTOR AT CHALK RIVER, ONT. THE CANADIAN PRESS

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Aston Hill to acquire Toronto-based Navina

Aston Hill Financial Inc., with offices in Toronto and Calgary, announced yesterday an agreement to acquire Toronto-based Navina Asset Management Inc., which specializes in mutual and hedge funds, for a base consideration of $4.2 million. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Financial reform taking too long: Flaherty

The world's most powerful economies need to implement banking reforms quickly to eliminate uncertainty for institutions recovering from the ravages of the financial meltdown, Finance Minister Jim Flaherty said yesterday.

"We shouldn't be distracted by bank levies and those kinds of issues, which don't cut to the chase and the chase is decreasing the likelihood of reckless risk-taking, which we saw a couple of years ago," Flaherty told reporters yesterday before a speech in Toronto, a day after officials agreed a global bank tax is not the way to fix the problem.

A report by the Conference Board of Canada, released yesterday, backed up Flaherty's position, arguing that global leaders haven't acted quickly enough to follow through on calls for financial reform.

Countries around the world have been working to come up with a new set of international regulations to prevent a repeat of the financial meltdown.

One proposal that has been floated is a bank tax that would be used to protect large financial institutions from failure in the future. The tax is favoured by several large European countries and the United States, but Canada has been arguing that any bank tax would ultimately be passed down to consumers.

On the weekend, G20 finance ministers meeting in South Korea agreed that each country will be free to choose its own way to deal with the issue.

Jim Flaherty

In Canada, Flaherty said he wants to implement a so-called "embedded contingent capital provision" — essentially a security that would convert into shares if the bank ever found itself in trouble, guaranteeing a source of capital that could be accessed as needed.

THE CANADIAN PRESS

Ford Credit wants to be a bank

FINANCIAL Ford's Canadian lending arm is applying to become a bank so it can access a new source of funding. Ford Credit Canada, a subsidiary of Ford Motor Co., would be able to accept consumer deposits that would be guaranteed by the Canada Deposit Insurance Corp. if the company is granted bank status, said Ford Credit spokeswoman Margaret Mellott.

As a bank, Ford Credit Canada would offer guaranteed investment certificates, or GICs, as well as a "very, very limited online-only savings operation," Mellott said. But the company wouldn't alter its core service, which is to provide financing for Ford dealers and customers.

If the application by Ford Credit Canada is approved, the Oakville-headquartered company will change its name to Ford Credit Bank.

Ford Credit hasn't applied for bank status in the United States.

THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

Apple CEO Steve Jobs introduces the new iPhone 4 yesterday in San Francisco.

Jobs shows off new iPhone 4

TECH Apple CEO Steve Jobs says the next iPhone will have a higher-resolution screen, longer battery life and thinner design.

Jobs opened Apple's annual conference for software developers yesterday by revealing the new iPhone 4, which is due to be released June 24 in the U.S., and "by the end of July" in Canada.

It will cost $199 US or $299 US, depending on the capacity.

It is less than 10 millimetres thick, while the previous iPhone, released last year, was about 12 millimetres. It has a higher-resolution screen and a front-facing camera, which could be used for videoconferencing.

It can shoot high-definition video, catching up to some other smartphones.

Jobs called it "the biggest leap since the original iPhone."

The display on the new iPhone remains 3.5 inches diagonally, but Jobs said it can show four times as many pixels as the previous screen.

The new phone will run the latest version of Apple's mobile software, now called iOS4.

THE ASSOCIATED PRESS

Bank of America pays $108M to settle Countrywide case

BANKING Bank of America will pay $108 million US to settle U.S. federal charges that Countrywide Financial Corp., which it acquired nearly two years ago, collected outsized fees from about 200,000 borrowers facing foreclosure.

The Federal Trade Commission said the money will be used to reimburse borrowers. Bank of America bought Countrywide in July 2008.

Countrywide hit the borrowers who were behind on their mortgages with fees of several thousand dollars at times, the FTC said. The fees were for services like property inspections and landscaping.

Countrywide created subsidiaries to hire vendors, which marked up the price for such services, the FTC said. It also alleged that Countrywide made false claims to borrowers in bankruptcy about the amount owed or the size of their loans and failed to tell those borrowers about fees or other charges.

THE ASSOCIATED PRESS

Business in brief

MINING Crystallex International Corp., developer of the stalled Cristinas gold project in Venezuela, got a big boost on the stock market yesterday after the Toronto-based mining company announced it has a major new Chinese backer, state-owned China Railway Engineering Corp. Nearly seven million Crystallex shares traded within the first hour — several times the average volume for an entire day — with the price rising by nearly 31 per cent to 72 cents.

THE CANADIAN PRESS

"Governments weigh stimulus versus restraint as economists warn of possible economic disaster."

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Get set for higher rates

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Alison Griffiths
griffiths.alison@gmail.com

Last week the Bank of Canada increased the overnight rate, the rate at which it lends to other institutions, by one-quarter of a point to 0.5 per cent. No biggie — yet. If you have a fixed rate five-year mortgage, as most Canadians do, nothing will change until the term expires.

And if your term is expiring soon you may actually see a slight decline as five-year fixed rate mortgages don't move in lockstep with the bank rate, rather they are more affected by what goes on in the bond market. Last week many banks actually shaved a fraction off their five-year rates.

Over the next couple of years rates may climb by as much as two per cent and will likely rise by three-fourths of a per cent by year end — assuming European debt problems don't worsen, no major wars break out and the United States isn't visited by Subprime Mortgage Mess — Part 2.

If you have a fixed rate mortgage coming due within the next few years play around with a number of scenarios and see how they fit with your finances. For example, a one per cent increase in a $200,000 mortgage at five per cent will cost an additional $116 monthly.

Things get more interesting with variable rates. Though these mortgages do move in lockstep with bank prime, you may not not see an increase because lenders typically build in a buffer so when rates go up you don't have to pay more right away.

However, if your payments don't rise you are still losing out because your amortization, the length of time to pay off your mortgage, lengthens.

For instance, if your rate goes to 3.5 per cent from 3.25 per cent on a $200,000 mortgage and your payments don't change, $26.21 less will be applied to your principal monthly. If you have a variable rate ask your lender at what point you will be forced to increase your payments or increase them voluntarily to keep to the same amortization.

ALISON'S MONEY RULE
Don't panic about mortgage rate increases yet but start preparing for higher rates to come.

Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30 p.m. alisongriffiths.ca

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MoneyMatters

Henry Choo Chong
metronews.ca/moneymatters

Sharing benefits

Q My ex-husband and I have shared custody of our children. We agreed that I would receive the GST and Child Tax Benefit. Will I receive less money next year?
— Jackie, Newmarket

A Starting July 2011, payments such as GST, Child Tax Benefit and Universal Child Care Benefit will be affected by new legislation. Both parents would qualify to receive payments on a six-month rotational basis. Canada Revenue Agency's position is that both parents who share custody and responsibility for a child should also share the benefits.

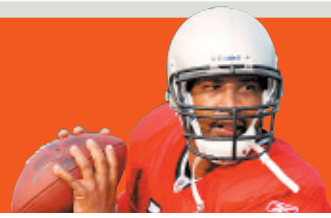
A shared-custody parent who wishes to receive benefits must complete form RC66 with a letter detailing the custody arrangements.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Brewers release Suppan

The Milwaukee Brewers released struggling pitcher Jeff Suppan yesterday during the final year of what was the richest contract in team history when he signed it. The Brewers signed Suppan to a $42-million US, four-year deal before the 2007 season, but he never pitched as strongly as he did in his three previous seasons in St. Louis. THE ASSOCIATED PRESS

Sports



Culpepper gets new start

Quarterback Daunte Culpepper, left, is still playing professional football, albeit in the United Football League. Culpepper, 33, who made five starts and appeared in eight games last season for the Detroit Lions, has signed with the Sacramento Mountain Lions. Culpepper will be reunited with his former Minnesota Vikings coach Dennis Green when the season begins this fall. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

HOCKEY Dave Cameron will coach Canada's next junior men's hockey team. Hockey Canada announced yesterday the Mississauga St. Michael's Majors head coach has been given the job of trying to reclaim the gold medal for Canada at the world junior hockey championship in Buffalo, N.Y.

DEBT The American owners of Manchester United are 1.1 billion pounds ($1.69 billion US) in debt, leaving their control of the club in doubt, the BBC reported yesterday. The BBC said its investigation found the Glazer family's debts are 400 million pounds ($615 million) greater than previously known.

KHL Veteran goaltender Dominik Hasek has signed a one-year deal with Spartak Moscow to play in the nascent Kontinental Hockey League. Hasek, who played 16 seasons in the NHL, signed with Spartak in Moscow yesterday.

NFL Isaac Bruce is headed back to his old team to retire with the St. Louis Rams. The San Francisco 49ers traded the 37-year-old wide receiver to the Rams, who will hold a news conference with Bruce tomorrow as he formally announces his retirement.

NFL Indianapolis Colts president Bill Polian says he expects to reach a deal with Peyton Manning before the quarterback's current contract expires.

METRO NEWS SERVICES

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Flyers hope home will help

Do-or-die time for Philly as it looks to keep Cup dream alive

Chris Pronger's wry smile and sharp tongue hardly suggested he and the Philadelphia Flyers are shaken by big Dustin Byfuglien and the suddenly potent Chicago Blackhawks.

Pronger is coming off the worst performance of his career — a shockingly brutal minus-5 rating in the Flyers' 7-4 loss in Game 5 of the Stanley Cup final Sunday night that has put Philadelphia down 3-2 and on the brink of elimination yet again.

The Flyers have two days off before they have to deal with Byfuglien and the Blackhawks again tomorrow. Philadelphia seemingly has Chicago right where it wants, at home in the Wachovia Center, where the Flyers are 9-1 in the playoffs — including 2-0 in the final.

"Playing in front of your home crowd, you feed off that energy in the building," Pronger said. "It's funny about the finals, but it seems to go that way all the time. You look at the first three rounds, teams are getting knocked off at home left and right. You get to the finals, and teams seem to hold serve. Hope we could do that in Game 6.

"We have a couple of days to rally the troops. We have had a lot of tough losses in the playoffs thus far. We'll be all right."

If the Flyers don't find their mojo again tomorrow night, the Blackhawks will claim the Cup for the first time since 1961 and stretch Philadelphia's hockey title drought to 35 years. Game 7, if necessary, would be Friday back in Chicago, where the Blackhawks have already won three games in this series. THE ASSOCIATED PRESS

JONATHAN DANIEL/GETTY IMAGES

Chris Pronger, right, of the Philadelphia Flyers reacts as Dave Bolland of the Chicago Blackhawks celebrates after scoring Chicago's second goal in the second period against the Flyers in Game 5 of the Stanley Cup final Sunday night in Chicago. Philadelphia hosts Game 6 tomorrow night.

'Biggest game of our lives' beckons for Blackhawks

NHL Marian Hossa knows better than most that no lead is safe in the Stanley Cup finals. The Chicago Blackhawks forward, in the championship round for a third straight season, finds himself in a familiar situation.

With Detroit a year ago, he was part of a team that won the first two games at home, then lost the next two in Pittsburgh. The Red Wings prevailed in Game 5 back on home ice for a 3-2 lead before dropping the final two games as the Penguins captured the Cup.

The Blackhawks have followed that exact path through the first five games against the Philadelphia Flyers. And now they can secure the franchise's first Stanley Cup in 49 years tomorrow night at the Wachovia Center.

"We know it's going to be the toughest game to close it," said Hossa.

"Having been in that situation, especially last year, the momentum in the first shift next game, first goal is going to be so important to get the momentum."

Coach Joel Quenneville knows his team will face an early hard charge from the Flyers and says controlling emotions will play a big role.

"It's a huge game, biggest game of our lives," Quenneville said.

THE ASSOCIATED PRESS

Bettman open to a return to Winnipeg, Quebec City

NHL Gary Bettman seems more open than ever to bringing NHL franchises back to Winnipeg and Quebec City.

The NHL commissioner has been open about the league's interest in the two cities recently.

He says it has more to do with the economics of the sport than a change in his point of view.

Gary Bettman

"I think people tend to rewrite history," Bettman said Sunday night in an interview with The Canadian Press.

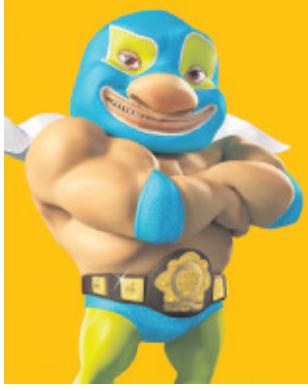
"When the Nordiques and the Jets left, there was no building and no possibility of a building. And there was no one who wanted to own a team there any more. You can't maintain a team in those circumstances.

"Those two factors have apparently (changed). In one case it's been reversed and in another case they're trying to reverse it."

Bettman is confident Winnipeg's MTS Centre is capable of housing an NHL team and has heard from key officials in Quebec about their desire to build a new arena there.

Just as importantly, he has received serious interest from prospective owners.

THE CANADIAN PRESS



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Hornets ready to welcome Williams as coach

The New Orleans Hornets have scheduled a news conference for today to formally introduce Monty Williams as their new head coach. THE ASSOCIATED PRESS

Back to the 'jungle'

NBA finals head to Boston with series tied at 1

Chin resting in his hand, mouth barely moving as he spoke, Kobe Bryant had the look of someone who would have rather been anywhere but the Staples Center.

The next few nights might make him long to be back home.

The NBA's best rivalry is returning to its East Coast headquarters, site of perhaps the most miserable moment of Bryant's career last time he and the Los Angeles Lakers were here for the finals.

And the Boston Celtics and their green-clad fans can't wait to welcome him back.

"I feel good going back to the jungle," Celtics forward Kevin Garnett said Sunday.

Those familiar "Beat L.A.! Beat L.A.!" chants that have echoed through the Garden during so many springtimes will be booming again, and the Celtics can lock up an 18th NBA title if they can do just that three times.

Game 2 is tonight, followed by games Thursday and Sunday in Boston.

The Celtics evened the series at one game apiece with their 103-94 victory in Game 2, with guards Rajon Rondo and Ray Allen taking turns punishing the Lakers, and Bryant often powerless to stop them because of foul trouble.

A fuming Bryant had little to say afterward, offering terse responses as he looked back on that game and ahead to the next one.

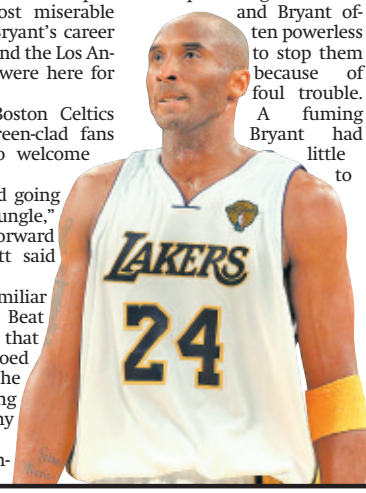
"It's the most important game. Game 1 was the most important, Game 2 was the most important, now it's Game 3," Bryant said. "It's just the next game, simple as that."

The finals are deadlocked after two games for the first time since 2004, when the Detroit Pistons split a pair in Los Angeles before coming home and winning three straight to take the series. That was Bryant's first loss in the championship round.

His other one came two years ago, on a night the Lakers will never forget.

The Celtics pummelled them 131-92 in a Game 6 rout. While Garnett, Allen and Paul Pierce celebrated their long-awaited first NBA title, the humiliated Lakers sat trapped in their team bus as Boston fans taunted them from the street.

THE ASSOCIATED PRESS



Kobe Bryant

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Jays broadcaster back on the job

Mike Wilner will return to his job on the Toronto Blue Jays radio broadcast tonight after being told to take last weekend off following a tense exchange with team manager Cito Gaston. FAN 590 program director Don Kollins confirmed Wilner's return in a brief email yesterday. THE CANADIAN PRESS

Washington baseball fans set to celebrate 'Strasmas'

DEBUT The anticipation is nearly over. The 21-year-old with the fastball that approaches 100 miles per hour and the curve that freezes batters is about to take the mound in the U.S. capital.

Stephen Strasburg is set to make his Washington Nationals debut tonight.

Standing room only tickets went on sale Monday, all part of a rare Nationals Park sellout. The Internet is humming with offers for good seats. More than 200 requests for media credentials have been submitted, forcing officials to turn a dining area into a work space to accommodate all those reporters with laptops.

For the Nationals, Strasburg's major league debut is best summed up in one word.

Finally.

"I'm looking forward to that first outing or two being out of the way," manager Jim Riggleman said. "I know the attention's not going to go away completely, but the anticipation of the thing has been building since the draft — and before the draft — last year."

No one has seen anything like it. A No. 1 overall pick who gets sellout, rock-star, hire-extra-security treatment in minor league cities such as Harrisburg and Rochester. It's the type of overexposure usually reserved for top picks in the NFL or NBA.

The Nationals are actually having a decent year following back-to-back 100-losses seasons, but everything they've done has been overshadowed by talk about a player who didn't have a locker in the clubhouse, whose debut against the Pittsburgh Pirates has been given its own baseball holiday nickname: "Strasmas."

"He needs to take a step back, take a deep breath and kind of soak in the moment because you only debut once in your career. It's a special day for him, also," general manager Mike Rizzo said. "We're looking forward to getting back into a more normal routine with Stephen Strasburg as part of the Washington Nationals." THE ASSOCIATED PRESS

Familiar move for Jays

For second straight year, team drafts a college pitcher

For the second straight year the Toronto Blue Jays went with pitching, selecting Georgia Tech right-hander Deck McGuire with the 11th overall pick in last night's Major League Baseball draft.

McGuire, who turns 21 June 23, went 9-4 with a 2.36 ERA in 16 starts this spring. The six-foot-six power pitcher struck out 118 batters in 112 innings for a Tech team that is still playing in the Atlanta Regional of the NCAA tournament.

On Saturday, McGuire pitched eight innings in a 5-2 win over Alabama, giving up both runs and striking out six.

"He's got size, he's got good delivery and arm action and he's got good stuff," said Andrew Tinnish, the Jays' director of amateur scouting. "He's got a good slider, a good changeup and he complements it with a curveball he can throw for strikes."

Last season the Jays used their first pick on another tall power pitcher from a Georgia university, selecting Kennesaw State's Chad Jenkins with the 20th overall pick.

JOHN AMIS/THE CANADIAN PRESS

Blue Jays draft pick Deck McGuire pitches for Georgia against Alabama Saturday in Atlanta during the NCAA tournament.

The least uncertain decision of the evening came from the Washington Nationals, who selected power-hitting prodigy Bryce Harper with the first overall pick.

Harper, who stands six-foot-three and weighs 205 pounds, graduated from his Nevada high school two years early so he could enrol in a local college and enter the draft at 17.

TORSTAR NEWS SERVICE

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Boston at Cleveland
Seattle at Texas
L.A. Angels at Oakland

YESTERDAY'S NL RESULTS

Chicago Cubs 6 Pittsburgh 1
San Diego at Philadelphia
San Francisco at Cincinnati
Houston at Colorado
Atlanta at Arizona
St. Louis at L.A. Dodgers

MLB DRAFT SELECTIONS

1. Washington Nationals, Bryce Harper, C-OF, J.C. of Southern Nevada; 2. Pittsburgh Pirates, Jameson Taillon, RHP, The Woodlands H.S. (Texas); 3. Baltimore Orioles, Manny Machado, SS, Brito H.S. (Fla.); 4. Kansas City Royals, Christian Colon, SS, Cal State Fullerton; 5. Cleveland Indians, Drew Pomeranz, LHP, Mississippi; 6. Arizona Diamondbacks, Barret Loux, RHP, Texas A&M; 7. N.Y. Mets, Matt Harvey, RHP, North Carolina; 8. Houston Astros, Delino DeShields, Jr., OF, Woodward Academy (Ga.); 9. San Diego Padres, Karsten Whitson, RHP, Chipley H.S. (Fla.); 10. Oakland Athletics, Michael Choice, OF, Texas-Arlington.

11. TORONTO BLUE JAYS, Deck McGuire, RHP, Georgia Tech; 12. Cincinnati Reds, Yasmani Grandal, C, University of Miami; 13. Chicago White Sox, Chris Sale, LHP, Florida Gulf Coast University; 14. Milwaukee Brewers, Dylan Covey, RHP, Maranatha HS, Calif.; 15. Texas Rangers, Jake Skole, OF, Blessed Trinity HS (Ga.); 16. Chicago Cubs, Hayden Simpson, RHP, Southern Arkansas University; 17. Tampa Bay Rays, Josh Sale, OF, Bishop Blanchet HS, Wash.; 18. Los Angeles Angels, Kaleb Cowert, RHP, Cook HS, Ga.; 19. Houston Astros, Michael Fotynewicz, P, Minooka Community HS, Ill.; 20. Boston Red Sox, Kolbrin Vitek, 2B/OF, Ball St.

21. Minnesota Twins, Alex Wimmers, RHP, Ohio State; 22. Texas Rangers, Kellin Deglan, C, Langley Blaze, Langley, B.C.; 23. Florida Marlins, Christian Yelich, OF/1B, Westlake HS, Calif.; 24. San Francisco Giants, Gary Brown, OF, Cal State Fullerton; 25. St. Louis Cardinals, Zack Cox, 3B, Arkansas.

NHL PLAYOFFS

TOMORROW'S GAME

Chicago at Philadelphia, 8 p.m.

SCORING LEADERS

	G	A	Pt
Toews, Chi	7	21	28
Briere, Pha	11	16	27
Kane, Chi	9	16	25
Richards, Pha	7	16	23

NBA PLAYOFFS

TODAY'S GAME

L.A. Lakers at Boston, 9 p.m.

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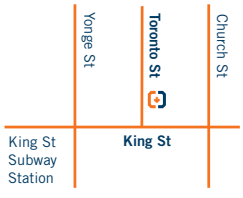

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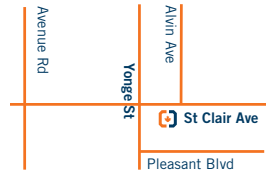

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$1.2 million endowment funds Catholic Studies chair at STMU

The Catholic Women's League announced last week a $1.2 million endowment for a permanent chair for Catholic Studies at Calgary-based St. Mary's University College. The CWL Chair for Catholic Studies will be a source of intellectual leadership for the institution, a release state. METRO NEWS SERVICES

Workology

York gets $7M more than expected

Last week, York University celebrated the completion of "York to the Power of 50," the largest fundraising initiative in the institution's history. York raised $207 million, exceeding the campaign's $200-million goal. Over 30,000 donors contributed to the campaign, and 44 gifts of $1 million or greater were received. The York University Foundation received pledges of $12 million in planned gifts such as bequest intentions in wills as well. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Dynamic culture, dynamic business

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Just west of downtown and pulsating with plenty of energy, Kensington and Little Italy are not just dynamic neighbourhoods but prominent destinations for customers and the business owners who serve them.

Kensington and Little Italy are both full of small, independent businesses such as Gaucho Gourmet Market, left with owner Chrissy Maduri pictured, Southside Louie's pub, centre, and Paul's Boutique— specializing in guitars and music — right with owner Paul Babiak pictured.

Kensington Market, with its open-air stalls and hip food and drink spots, located west of Spadina Avenue between College and Dundas streets, is one of Toronto's oldest, most well-known and most frequented places.

At Paul's Boutique (2 Nassau St.), owner Paul Babiak says the thriving nature of the market has kept it relevant over the years to customers looking for a unique experience.

"There's always new businesses coming and going and there are some nicer restaurants here, although the rent in Kensington used to be a lot cheaper," Babiak said.

Despite Kensington's increasing trendiness, Babiak says in the 10 years his music shop has been open the market hasn't sold out its heart to big business.

"This place is like a small town and I don't think it's going to turn into a fully commercial neighbourhood like Queen West. There's still a pretty hard-core artists' vibe here," Babiak said.

Along College Street, distinctive boot-shaped neon lights hang off of street-lamps signalling a playful welcome into Little Italy where young city-dwellers converge on excellent restaurants, hip bars and outdoor cafés.

The area's cultural cachet drew in business owner Chrissy Maduri, who after graduating culinary school took over an existing location to open Gaucho Gourmet Market (614 College St.) less than a year ago. The store is an extension of her family's longtime business located at the St. Lawrence Market and Maduri says her clientele is varied and while the tight-knit community was apprehensive when she took over the former Il Centro Del Formaggio store, they were very welcoming once they realized she understood their needs.

"There are different clients that come in the door, it's not just little old Italian ladies — there are lots of families and yuppies — I like the scene here. At first people were very sceptical about us but we've gotten really positive feedback," Maduri.

> **"This place is like a small town, I don't think it's going to turn into a commercial neighbourhood like Queen West."** Paul Babiak

At neighbourhood pub Southside Louie's (583 College St.), manager Donna Wolff's Scottish charm is infectious as she serves customers and offers a friendly ear. She says while rents have stayed high and business has dipped a bit during the recession, business owners help each other out and the neighbourhood still has a great spirit to it.

"I love the people here, knowing their drinks, knowing their families — everyone knows each other here. You try to support local business because while competition is healthy, there's plenty of business to go around if you're good," Wolff said.

Don't miss Spaces and Places!

Kensington-Little Italy will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Trade in the future

JON TATTRIE
for Metro Canada

Once you've identified the trade you want to work in, gaining an apprenticeship can be an effective way to enter the workforce.

Websites like apprenticetrades.ca, run by the Canadian Apprenticeship Forum, can help match apprentices to companies that will take them on. Community colleges that feature apprenticeships offer a similar service. An apprentice generally earns a percentage of a regular journeyperson's rate and it rises with each level the apprentice completes in the program. The apprentice's responsibility is to learn on the job, usually while continuing in-school training.

Rules, regulations and available funding change by the province and territory, so students should check with the governing body in their area to see what's required.

The federal government offers up to $4,000 in funding to Red Seal trade apprentices (red-seal.ca). Applicants must be a registered apprentice in a Red Seal trade to get the money.

The cash comes through the Apprenticeship Incentive Grant and the Apprenticeship Completion Grant, says spokeswoman Anna Kroupoderova. AIG is a taxable cash grant of $1,000 per year or level and it's good for up to $2,000 per person. The extra $2,000 comes when apprentices complete their training and get their certification. There's also up to $500 tax deduction for tradespeople buying tools that cost more than $1,000.

Extra funding

- Students can apply for the $2,000 Apprenticeship Completion Bonus grant in non-Red Seal trades.

Even without funding and tax breaks, apprenticeship is a low-cost route to work when compared to other forms of post-secondary training, Kroupoderova says. It also gives workers a chance to earn money while they complete their education on the job.

ISTOCK

There are lots of funding options for those considering a trade.

The in-school technical training portion of apprenticeship is often a six to eight week session at a technical institute, community college or training centre. Some programs offer the in-school technical training sessions in other formats, such as weekend or evening classes or distance learning.

Satisfying work options

GetSmart

Jacqueline Hansen

"I drive by the houses that I've helped wire and think 'cool, they have power and lights because of me,'" says Kayla Hayward. She went to school to be an electrician. She says the education was challenging, but the end result of an outdoor job that gives her confidence and independence was well worth all the math and physics.

"The most satisfying part of my job is … I can step back and look at all the work I've done. It makes you feel like you can do anything on your own."

Colleges have a large range of programs that can lead to careers in the trades. These programs provide students with marketable skills, and are typically less expensive than attending university. Graduates are career-ready and are generally offered support in finding field placements or apprenticeships.

With an ever-expanding array of programs to choose from, it can seem difficult to narrow down the choices. However, there are resources designed to help. Some schools such as George Brown College offer introductory skilled trades courses so students can get a feel for which trade they may want to pursue. George Brown's Construction Trades Techniques Program consists of three semesters each with two focuses — welding and plumbing, electrical and millwrighting, and carpentry and refrigeration. The program is designed to allow students to explore the different career options within the trade and find which one is the best fit for them.

Training in a specific trade fosters in-depth technical knowledge and skills. For Kayla, she found a hands-on job that is both challenging and enjoyable. Through her college education she has prepared herself for what she hopes to be a long lasting career.

Jacqueline Hansen is a student ambassador at Seneca College.

Apprenticeships are not always what you think

JON TATTRIE
for Metro Canada

For many jobs, the best way to learn is to do, and apprenticeships form a critical part of training. For some jobs, it's the only way.

If you want to become a body piercer or a tattoo artist, you won't find a community college that can teach you the ropes. Instead, you'll need to turn to someone like Roger Monahan. He runs Black-Star Body Piercing Studio in Kingston, Ont., and says because the industry is unregulated and not taught as a trade, apprenticeships play a vital role.

"Unfortunately, anyone can pick up a needle and start to do damage," he says.

> **"Unfortunately, anyone can pick up a needle and start to do damage."**
> Roger Monahan, tattoo artist

Would-be piercers approach Monahan and, if he sees potential, he takes them under his wing for a two-year apprenticeship. They learn to audit a chain of contamination, practice techniques on orange peels to simulate skin and then start with simple piercings on people before advancing to more complex jobs. He makes sure they know what can go wrong so that they can avoid it.

The final stage of an apprenticeship is for Monahan to take on a new apprentice and have the veteran student teach the rookie the skills she just learned.

"It's more of a one-on-one relationship between the person wanting to learn and the person willing to teach," he says.

Monahan even issues certificates, which carry weight in a body-piercing world that relies on reputation and word of mouth. It's the same story in tattooing, he says.

For a list of apprenticeships arcoss Canada, visit apprenticetrades.ca.

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Aging population opening career doors

ROBYN YOUNG
for Metro Toronto

Gerontology is fast becoming a popular field of study for those seeking a career change.

"It's clear with the changing demographics that Canada is an aging society and the needs of seniors have to be addressed," said Michele Green, coordinator of the Social Service Worker — Gerontology program at Seneca College.

Seneca's two-year diploma program has enjoyed increased enrolment over the past few years, mostly by mature students and those funded through the province's Second Career initiative.

"A lot of the students have lost their jobs or been laid off and they're looking for retraining," said Green.

The program teaches candidates about the varying needs of seniors from age 65 onward and graduates find themselves working in a variety of settings ranging from Alzheimer's day centres to community agencies that help seniors face retirement.

They're trained to do a variety of jobs including finding resources and services seniors need to stay living safely in their homes as they age or planning programs for those in longterm care facilities.

> **"There really are a wide variety of needs for seniors."**
> Michele Green, coordinator

"There really are a wide variety of needs for seniors," Green said.

With a combination of classroom time and practical work, the diploma allows students the opportunity to log over 600 hours in field placements; one placement in a longterm care facility and another in a community agency with programs for seniors.

And as the needs of seniors continue to rise with the aging population, so are the opportunities for employment.

Green says their graduates rarely have problems getting their foot in the door through contract or part time positions, which then lead to full time employment.

But the Social Service Worker — Gerontology program isn't just about landing a job.

Many of the students have aging parents at home and find the program to be an enriching experience.

"It's helped them deal with issues coming up for them personally," Green said.

Seneca's Social Service Worker — Gerontology program is offered at the King Campus and about 45 students are admitted each year.

ISTOCK

Seneca students log 600 placement hours in longterm care facilities and community agencies while in the program.

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Youth Apprenticeship Standards Council

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- Rui Cunha Dir. PAT Institute *www.patinstitute.ca*

Youth Apprenticeship Standards Council (YASC) has awarded the Pre-Apprenticeship Training Institute (PAT) the Gold Standard Award, in recognition for strong graduate success rate entering employment their apprenticeships with YASC member contractors in the fields of Electrical and Network Cabling.

YASC is a Not-For-Profit organization, funded by industry to promote skilled trades for member employers. With 50% of trades people retiring over the next 10 years, the need for skilled people has never been greater. Skilled trades employers have come together to bridge the gap for new entries into trades and this has culminated in the YASC. In the first four months of 2010 YASC put over 100 people to work in electrical and Network Cabling positions through their job link service. YASC member employers value the role of training as an integral part of the success of new hires entering trades. The Golden Standard Award is recognition for training institutions like PAT that get it right through strong graduate success in the field.

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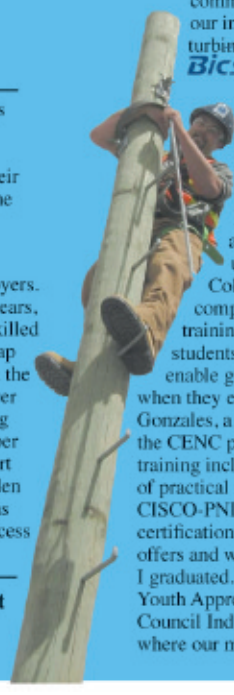
Electrical, Network Cabling and Telecom demand grows as technology advances in both communications and green energy, requiring qualified people to install the infrastructure – without it, there would be no connectivity to alternative energy, e-mail or Skype. "Don't be intimidated by the high-tech jargon," says Cunha, "it's about learning the technology and good communication skills." I believe our introduction of the wind turbine and being one of three Bicsi authorized training facilities in all of Canada, that the industry is recognizing our commitment to excellence and emerging technology."



PAT Institute is Registered as a private career college under the Private Career College Act, 2005 offers comprehensive, hands-on training programs, providing students with the fundamentals that enable graduates to be productive when they enter the workforce. Luis Gonzales, a PAT graduate, who took the CENC program points out: "The training included a tremendous amount of practical work, certification on the CISCO-PNIE program, tools and safety certifications… I had a number of job offers and went to work one week after I graduated." PAT is also a recognized Youth Apprenticeship Standards Council Industry trainer. YASC is where our members of industry hire.

The electrical industry represents a large percentage of employers who now hire exclusively through YASC. For entry level people, "to date, our company has 12 PAT graduates working full time," says the president of a large electrical company.

As a YASC recognized industry trainer, PAT graduates qualify for the YASC job link service, a privilege usually reserved only for those with experience. PAT graduates are highly sought after and YASC is where the industry hires for skilled trades.

Bell Technical Solutions hires PAT graduates for their Network Cabling and Telecommunications divisions, through the YASC job link program. Jennifer Lowthian, Bell Technical Solutions Regional Manager, Recruitment, comments, "PAT is a YASC recognized industry trainer delivering hands-on training courses that meet YASC Employer Member standards. For Bell Technical Solutions, this is important because that's who we hire. As a member of YASC, we hire experienced technicians and PAT graduates through the YASC job link program; they have excellent hands on skills."

Bell Technical Solutions projects it will hire 100 qualified and service oriented technicians in the GTA in 2010 (Jennifer Lowthian Bell Technical Solutions Regional Manager)

Learning Curve is a special feature that focuses on education and student life.

Designing housing for Haiti

ERIC EMIN WOOD
for Metro Toronto

Last year Kathlene McGuinness, then a first-year student at Ryerson's school of interior design, had a class project on constructing housing for people displaced by war or natural disaster. Her group was assigned Haiti.

"During my research, I came across a school called SOPUDEP (Society Of Providence United for the Economic Development of Petion-Ville — a town in Haiti), which helps street children and children who've been exploited get an education," says McGuinness. "In January when the earthquake hit I immediately thought of this school."

It turned out SOPUDEP had collapsed: Twenty-two students and two teachers had died, and many others were missing and presumed dead.

McGuinness believed that she could design a temporary shelter that would address the structural issues that led to Haiti's devastation.

"A lot of people think all we do is fluff pillows and pick out paint colours, but that's not true at all," she says. Ultimately a core group of 14 interior design students donated their time to McGuinness' project.

In designing the new structure, McGuinness says it was important to consider that Haiti has few building materials and the majority of people there make less than $2 a day, so everything used either had to be free or locally available.

> **"A lot of people think all we do is fluff pillows and pick out paint colours, but that's not true at all."**
> Ryerson student Kathlene McGuinness

"It also had to be either earthquake and hurricane resistant, or non-life-threatening to people if it was to collapse," she says.

The finished prototype, which the students built themselves at Ryerson, begins with a cube-like bamboo frame that measures 10 feet by 10 feet. "The flooring is built of salvaged cinder blocks from the earthquake rubble," McGuinness says.

"You can use either tarp or corrugated metal for the walls, and it's all tied together with plastic twine." The cement floor is anchored to a tire, in case of high winds.

Each structure costs less than $250, and "only takes a hacksaw and a hand drill or a knife to make," McGuinness says.

SOPUDEP recently secured funding for a new permanent building that McGuinness plans to help design as well.

For now, the Sawatzky Foundation, which funds SOPUDEP, has purchased enough bamboo for 26 modules.

Research your tuition financing options

ERIC EMIN WOOD
for Metro Toronto

Whether taking summer courses or researching programs for September, students preparing for postsecondary education should consider how they're going to pay for it beyond simply getting a part-time job.

One of the most popular options, of course, is OSAP. The Ontario Student Assistance Program provides both loans, which need to be repaid, and grants, which don't.

"There's grants for low-income families, middle-income families, students with dependents, and students with permanent disabilities," says Hoslee Sahid, manager of financial aid at Humber College.

Another option is entrance scholarships. These are assigned based on high school grades, and awarded "when students are accepted into the program and their grades are verified," Sahid says. Usually, students are automatically notified when they're eligible.

Once students have taken some classes, they can apply for other types of funding.

"For example, in November we've got the Ontario Student Opportunity Trust Fund Bursary," Sahid says.

"Students have to complete an application and provide a letter explaining their financial situation."

There are many private scholarships available from private donors, as well.

"We have the W. Garfield Weston Scholarship, funded by the Garfield Weston Foundation," Sahid says.

"Three students from each institution are nominated by the school and then the foundation selects the recipients."

OSAP itself has the "Student Access Guarantee," Sahid says, "where if the student has a tuition fee over $4500 per academic year, or books and supplies that cost more than $1000, they could be eligible for anywhere from $100 to $3000 in bursaries."

Hoslee says it's difficult to declare an income cut-off for OSAP grants or loans, because the program examines the number of members in the family.

To qualify for grants, a single independent student must earn less than $22,000; a family of two must earn less than $27,000; a family of three, $34,000; a family of four, $41,000; a family of five, $46,000.

"But I've seen students get funding where there's two siblings, mum and dad, and the income is in the 90s," Hoslee says.

"They wouldn't get grants, but they would get a loan."

For a list of private scholarships, Sahid recommends studentawards.com.

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Study asks: Do cheaters prosper?

Ryerson professor find promise of bonus may encourage workers to lie

When it comes to encouraging extra effort on the job, offering a bonus would seem like just the ticket to help ramp up productivity.

But could dangling the carrot of a cash incentive lead to people telling white lies in a bid to reach their target — and net a little more dough? New research suggests individuals may be encouraged to cheat to help assure they'll land a bonus.

A trio of researchers from the University of Guelph and Ryerson University conducted the study published in the B.E. Journal of Economic Analysis and Policy. It's part of a broader project looking at the effects of different forms of compensation not just on cheating and misrepresentation of behaviour, but also on productivity.

Researchers aimed to compare levels of cheating by using three different compensation systems: Bonus, piece-rate or tournament.

In the bonus system, employees are compensated if they reach a target. With piece-rate, workers are rewarded for each completed task — the more productive the employee, the more they earn. With a tournament system, only those with the highest productivity receive the extra cash.

"All three of those situations give people incentives to cheat because if they do cheat, they're going to make more money," said University of Guelph economics professor Bram Cadsby, who co-authored the study with Guelph colleague Francis Tapon and Ryerson professor Fei Song.

"The idea was to look at these three different types of pay-per-performance and see whether one of them seemed to encourage people to cheat more than the others."

Canadian university undergrads were given the task of taking seven letters and making as many words as possible in one minute.

Participants completed seven rounds of the word-scramble task. They then had another participant mark their work, and were responsible for reporting their final scores to researchers.

"People could have made a decision prior to that if they were going to cheat, but that's kind of the crunch time where they have to make a final decision," Cadsby said.

> **"Most people seemed to be much more tempted if they could tell a small lie."**
> Bram Cadsby, researcher

All participants were paid $3 for word-checking, but compensated in different ways.

In the target system, they received an additional $3.60 for each of the seven rounds where they created nine or more words. Under piece-rate, they earned 40 cents for each word created. In the tournament system, they pocketed $3.60 for each of the seven rounds they were above the 85 percentile relative to other participants.

Researchers found that those rewarded in the bonus system were more likely to cheat. What's more, the closer they were to reaching the nine-word target, the greater the chance they would exaggerate the scores.

"Most people seemed to be much more tempted if they could tell a small lie," Cadsby said.

In looking at the implications of the research in the real world, Cadsby said he thinks firms should look carefully at their incentive programs and consider the possible impact on productivity.

"The research suggests rewarding people in proportion to their productivity doesn't lead to excessive amounts of cheating," Cadsby said. "It's when you can be close to a target and by cheating, you can convince your employer that you made that target and get a large bonus as a result that you tend to see a great deal of cheating."

"If I had that kind of incentive program in place, I'd want to reconsider it."

THE CANADIAN PRESS

Lung cancer drug showing success

Doctors are reporting unusually high success rates from early tests of an experimental lung cancer drug. The drug, called crizotinib, is made by Pfizer Inc. It targets a gene that is found in about 10,000 people a year in the United States alone. THE ASSOCIATED PRESS

Health & Beauty

Derek Jeter is a spokesperson for Gillette.

Jeter wins on and off the baseball field

JANINE FALCON
for Metro Canada

So you're the captain and shortstop of a legendary baseball team, five-time World Series championship winner, four-time Gold Glove Award winner, and 2009's Sports Illustrated Sportsman of the Year. What are your top-five grooming essentials when you're out on the road?

"I'm pretty simple," laughs Derek Jeter in a phone interview with Metro just before a game against the Blue Jays last Friday. He pauses for a moment or two. Despite being a high-profile spokesperson for Gillette, he's not jumping straight into brand messaging for his answer.

"A razor. Toothbrush. Deodorant ... I have to give you five?"

Clearly, grooming is not top of mind in the hours before the Yankees' first game of the season in Toronto.

But we do arrive at five, including toothbrush and deodorant, and it starts with a Gillette Fusion ProGlide razor, newly upgraded to make shaving more comfortable for sensitive skin. For Jeter, though, sensitive skin was never the issue.

"In the earlier days there was more cutting myself (shaving)," Jeter admits, and good-naturedly declines to speculate on when he might last have done such a thing. "I don't want to jinx myself."

Unsurprisingly, face scrub doesn't make Jeter's must-have line-up. But he does unexpectedly say the "m" word. "I use moisturizer because I'm outdoors a lot," he offers, referring to Gillette's Fusion Hydra-Soothe Balm.

Shave gel eventually comes up after a wee prompt. "Oh I counted that with the razor," he laughs. "I use the Fusion Hydragel. It makes the shave a lot smoother."

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So fresh, so clean

How to get the most out of your morning shave

DEAN LISK
dean.lisk@metronews.ca

Nicks, redness and — especially in that pre-morning coffee stupor — cuts can all be the facial landmines of an improper shave.

"Shaving can be a real problem," says Rick Ricci, who owns Toronto's Truefitt and Hill, a barbershop in the city's financial district where many of his customers are CEOs, stockbrokers and lawyers.

"Shaving is a dinosaur, so we brought it to a new level," he says. "I don't see a lot of bad shaves here, but I think there are a lot of shavers who irritate the skin, and scrape along the skin so they break out and have full irritation."

In the business for nearly 30 years, he knows how to prevent facial butchering; that red, raw and irritated skin you can get after a bad or rushed shave.

"(Schick) did a Canadian survey, and one of the biggest turnoffs for women is skin irritation," Ricci said, referring to a poll done by the shaving company.

Schick recently released the HYDRO 5 — a five-blade razor with a hydrating gel reservoir to help reduce irritation — which Ricci is helping to promote. The company is not alone in trying to get a cut of the male grooming industry, with Gillette recently releasing the ProGlide: A five-blade razor with a precision trimmer and microcomb to guide stubble.

RICK EGLINTON/TORSTAR NEWS SERVICE

Rick Ricci of Truefitt and Hill shaves a client using the new Schick razor that Ricci is endorsing.

While pulling the skin to ensure a smooth surface, and shaving with — and not against — the hair are among Ricci's shaving essentials, here are a few of his other tips:

OPEN THE PORES

If you want to get a close shave, you need to open your skin's pores so, "You can get right down there into the root of that hair," says Ricci. If you don't shave in the shower, apply a wet, hot cloth to the face before starting, and use a good shaving cream to help keep your skin moisturized.

AVOID BLADE FATIGUE:

"Know when to throw your blade out," he says. "If you are trying to get seven, eight, nine shaves out of one blade; throw it out." Different beards can dull a blade faster then others, depending on thickness, he adds.

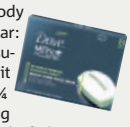
MOISTURIZE

Keep your skin moisturized during and after you shave to avoid irritation and redness. "Your face is going to feel great," Ricci says. "There is no reason for not having a good shave."

Products

Now that the stubble has been removed, it's time to ensure your skin has a healthy, fresh appearance. Here are five picks to help keep you looking your best:

- L'Oreal Hydra Sensitive Cleanser: This soothing skin cleanser is soap and alcohol free, and helps to prevent redness and pulling. lorealparis.ca



- Dove Men+Care Extra Fresh Body and Face Bar: Not your usually soap, it contains ¼ moisturizing cream to help fight dryness. dovemencare.com

- Clarins Men Revitalizing Gel: Used daily, this gel helps to revitalize and smooth the feel of your skin. clarins-men.com

- L'Oreal Hydra Energetic Ice Cold Eye Roller: Applied under the eyes, this roll on helps to reduce the dark of dark circles and bags, giving you a wide-awake look. lorealparis.ca

- Biotherm Homme Aquapower: Non-greasy, this gel helps to reinforce skin, keeping your face moisturized and feeling soothed. biothermhomme.ca

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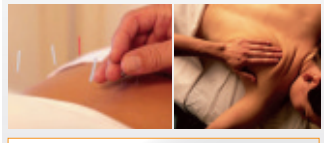

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Melanoma drug showing promise

An experimental drug has significantly improved survival in a major study of people with very advanced melanoma. The drug is called ipilimumab, and is made by Bristol-Myers Squibb Co. THE ASSOCIATED PRESS

Skin cancer on slight decline

A study at the University of Alberta has found that rates of non-melanoma skin cancer in Alberta are levelling off, and may even be decreasing a bit. Researchers tracked rates of squamous and basal cell cancers in nearly 100,000 people over a 20-year time frame.

CELIA MILNE/FOR METRO CANADA

Seeking participants for a research study examining literacy skills in adolescents with and without ADHD

We are looking for teens between 14 and 16 years of age who have been diagnosed with attention-deficit/hyperactivity disorder (ADHD). Teens (between 14 and 16 years of age) without ADHD may also take part in the study. The study will be conducted at OISE/U of T and will take about 4 to 5 hours to complete.

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Don't get blinded by SPFs

Watchdog warns common sunscreen not getting job done

CELIA MILNE
for Metro Canada

Do you trust your sunscreen? An environmental watchdog group in the U.S. has raised some alarming health concerns about common sunscreens on the market. They only recommend eight per cent of them.

"The best sunscreen is a hat and a shirt," says Sean Gray, a senior analyst at the Environmental Working Group (EWG) in Washington, DC. "Sunscreen should be your last choice, not your first choice."

The concerns are that some sunscreens contain harmful chemicals which could be linked to hormonal disturbances and even cancer.

He recommends people cover up, stay out of the sun when it is highest in the sky — between 10 a.m. and 2 p.m. — and seek shade wherever possible.

If you want to err on the side of caution, you should avoid oxybencone, an ingredient commonly added to sunscreen, he adds.

"It's hormone disruptor," says Gray. "It travels through the skin and into the blood. We're not 100 per cent confident how it works in the body. Anybody should be worried about adding extra hormones to their body. All kinds of reproductive cancers are on the rise. Could it be related? Maybe."

The Canadian Cancer Society (CCS), on the other hand, is not concerned about oxybenzone in sunscreen, according to its website. While a small number of studies show that people who use sunscreen have higher risks of developing skin cancer, this is probably because they spend more time in the sun, reports the CCS.

The other ingredient to avoid, says Gray, is a vitamin A compound called retinyl palmitate, also fairly common in sunscreens. According to the EWG, the Food and Drug Administration in the U.S. tested creams containing vitamin A on laboratory mice and found those mice developed lesions and tumours faster than mice who received cream without vitamin A.

"At best it's frightening," says Gray.

Gray also says not to be taken in by super-high SPF values.

"Anything with an SPF of 110 is absolutely ridiculous," he says. "We're watching these get higher and higher but the data doesn't suggest you get better protection (over an SPF of about 50)."

Experts say high SPFs offer little more protection than 50 SPF.

Dirty Dozen

- The EWG, which is best known for producing the Dirty Dozen — a list of 12 vegetables and fruits that you should buy organic if possible — has 1,400 sun products on its database. To find out what EWG says about your sunscreen, go to ewg.org

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Study shows prescription drug abuse
A Centers for Disease Control and Prevention report shows one in five high school students in the United States have taken a prescription drug that they didn't get from a doctor. The abused drugs include pain pills and attention deficit drugs used as study aids. THE ASSOCIATED PRESS

Blame Love Hewitt for this one

The J Spot
Josey Vogels
metronews.ca/thejspot

You might want to get your bids in now. Apparently, the owner of the domain name vajazzling.com has put it up for auction and has already had a few bids.

If you haven't heard of "vajazzling" yet, well you're obviously not with it. Heck they even talked about it on Fox News. Jennifer Love Hewitt brought the term to the mainstream when she confessed in some TV interview that she'd had it done as a pick-me-up to get over a broken heart.

Vajazzling is when women bedazzle their private parts with rhinestones and gems. While you're at it, you might as well dye the region your favourite shade of pink.

Of course, women have been getting fancy for a while now; be it a full Monty Brazilian wax or shaping their pubic hair into a portrait of George Clooney (okay, that might be an exaggeration but hearts and lightning bolts are not, honest). Frankly, I think all this "enhancing" is getting ridiculous. What was so wrong with the original model? When did this become an area where women feel they need to pimp, polish and deck out like a hot rod car? And why are women doing this? When you read about most of these things, you inevitably come across some comment saying it's all about "restoring women's sexual confidence" or some such baloney. I'm not sure exactly how bedecking the area in gems and jewels is a confidence booster.

Jennifer Love Hewitt

"It's bad enough that women feel pressure to keep up with all the latest fashion, makeup, hairstyles and shoe trends, now we have to start worrying about what our vagina is wearing?"

It's bad enough that women feel pressure to keep up with all the latest fashion, makeup, hairstyles and shoe trends, now we have to start worrying about what our vagina is wearing?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Battling cancer in the public spotlight

Cynthia Mulligan is being treated for breast cancer. When her blond hair began to fall out, she had it cut and went shopping for a wig with her young daughters.

Daniel Stolfi is just getting his life back to near normal after two years of aggressive chemotherapy for acute non-Hodgkin's T-lymphoblastic lymphoma that affected his appetite, sex drive and energy levels.

And both of them are sharing their cancer experiences in a very public way: Mulligan, as a Citytv reporter in Toronto is blogging and doing television reports as she traverses the medical system and the challenges of undergoing chemo, while Stolfi, an actor, has written and performs a one-man show, "Cancer Can't Dance Like This."

While many people with cancer might be guarded and careful about how much they share, for Mulligan, who was diagnosed in mid-April, it was almost an "instantaneous" decision to speak out about it.

"This is part of my therapy in getting through it, just facing it head-on, announcing it to the world and saying 'this is what I'm going through,'" she said.

"To me for my personality, trying to hide it would make the diagnosis even worse. It would make it feel like it's something that I have to be afraid of, and something that I have to fear, and shouldn't tackle head-on."

People at work were extremely supportive, she said. Indeed, her job played a role in her decision to go public.

"I tell stories about people for a living. I go into their homes and, you know, in news we're very often talking to somebody on the worst day of their life about the worst thing that's ever happened to them. And to me, it would seem incredibly hypocritical of me to not open up my life." THE CANADIAN PRESS

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Back treatments a pain

Experts question science behind spine trauma

By one recent estimate, Americans are spending a staggering $86 billion a year in care for aching backs — from MRIs to pain pills to nerve blocks to acupuncture.

That research found little evidence that the population got better as the bill soared over the past decade.

"The way medicine is so Star-Treky these days, they believe something can be done," said Dr. Charles Rosen, a spine surgeon at the University of California, Irvine.

The reality is that time often is the best antidote. Most people will experience back pain at some point, but up to 90 per cent will heal on their own within weeks. In fact, for run-of-the-mill cases, doctors aren't even supposed to do an X-ray or MRI unless the pain lingers for a month to six weeks.

Yet a study last year found nearly one in three aching Medicare patients get some kind of back scan within that first month.

Why is that a problem? Those scans can be misleading. By middle age, most people who don't even have pain nonetheless have degeneration of their disks, those doughnut-looking shock absorbers between vertebrae. So in someone who does have pain, pinpointing that a particular black spot or bulge on a scan is the true cause is tricky.

The bigger problem: When the misery lingers, there's no one-size-fits-most treatment.

"There are a lot of procedures going on for patients in whom we don't have good scientific evidence that it's going to help," said Dr. Richard Deyo of Oregon Health and Science University in Portland, who long has studied how people fare with different options for this tough ailment.

THE ASSOCIATED PRESS

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Doctors aren't supposed to do an X-ray or MRI unless the patient has suffered pain for a month to six weeks.

Reebok Bootcamp kicks butt

Want to do a power up your workout and add a little Hollywood glitz? Starting today, you can pick up Reebok's Bootcamp DVD — a fun selection of seven killer express workouts. Taught by Swedish-born trainer Tanja Djelevic, this DVD will show you strength training exercises, cardio workouts and power drills.

Djelevic is a fitness instructor in Hollywood, where she's worked with the likes of Matt Dillon, Pink, and Rachel Weisz. The bootcamp follows the latest trend in fitness — lots of effort for less time — while being full of variety and fun. The bonus? It's really healthy to change up your workout regularly, to force the muscles to adapt to new stressors.

Reebok Bootcamp is available in major bookstores and online book sellers across Canada.

CELIA MILNE/FOR METRO CANADA

Expression of Interest

The **Ontario Ministry of Community and Social Services** is inviting Expressions of Interest, by **5:00 p.m.** on **August 13, 2010,** from Ontario corporations interested in establishing and operating application entities for adult developmental services. The entities will provide a single point of access to ministry-funded adult developmental services and supports in each of the ministry's nine regions.

Designated application entities will administer a new provincial application process through:

- information provision
- intake
- eligibility determination
- service navigation
- determination of support needs
- direct funding administration

For more information on submission requirements and upcoming regional information meetings for applicants, please visit the ministry's website at **www.ontario.ca/community**.

Ontario

Sweeten your summer
Simple syrups are an often overlooked — but as the name suggests, incredibly easy — way of adding sweet panache to a wide variety of drinks. And summer's demand for tall and cool beverages is an excellent excuse to get acquainted with them. THE ASSOCIATED PRESS

Food

Macaron madness

Watch out, cupcake! The macaron is angling to be the new darling of the pastry world. The dessert comes from France and consists of just a few ingredients, mainly egg white, ground almonds and sugar. They're often also called macaroons, which is confusing because a macaroon more commonly is a coconut-based sweet. A proper macaron consists of two rounds of meringue cookies sandwiched together with filling. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Hens with a Mediterranean twist

Lemon Pepper Cornish Hens

PREP: 10 MINUTES
STAND: 2 HOURS
COOK: 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:
- 2 large Cornish hens (about 1½ lb/ 750 g each)
- 1½ tsp (7 mL) grated lemon rind
- ¼ cup (60 mL) lemon juice
- 3 cloves garlic, pressed
- 1 Tbsp (15 mL) black pepper
- 2 tsp (10 mL) packed brown sugar
- 2 tsp (10 mL) grated fresh ginger
- 1½ tsp (7 mL) dried oregano, crumbled
- 1 tsp / 5 mL salt
- ½ tsp / 2 mL ground cumin
- ¼ tsp / 1 mL ground cloves
- Extra-virgin olive oil

METHOD:
Using kitchen shears, cut hens down each side of backbone; remove bone (save for stockpot). Snip through breastbone to separate each hen into halves. Mix together lemon rind and juice, garlic, pepper, sugar, ginger, oregano, salt, cumin and cloves; add hens, turning to coat. Marinate, refrigerated, for 2 hours or up to 1 day. Bring to room temperature.

PHOTOGRAPHY BY FELIX WEDGWOOD

Lemon Pepper Cornish Hens.

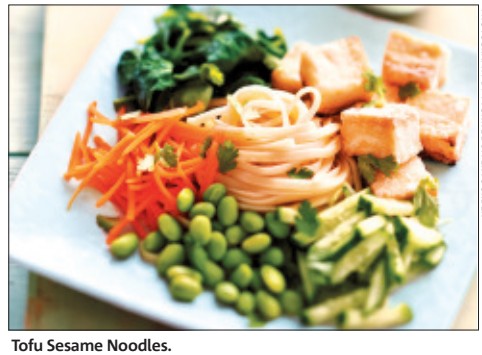
Brush hens lightly with oil; grill, covered and bone side down, over medium heat, turning and basting with more oil, until juices run clear when thickest part of thigh is pierced and skin is crisp, 25 to 30 minutes.

Tofu Sesame Noodles

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:
- 8 oz (250 g) linguine
- 1 tsp (5 mL) sesame oil
- 1 cup (250 mL) julienned carrot
- 1 cup (250 mL) frozen shelled edamame (soy beans)
- 8 oz (250 g) fresh spinach
- 1 cup (250 mL) julienned English cucumber
- Fried tofu cubes (see directions below)
- Coriander leaves

Sesame Sauce:
- ⅓ cup (75 mL) tahini
- 3 Tbsp (45 mL) hot water
- 2 Tbsp (30 mL) balsamic vinegar
- 2 Tbsp (30 mL) soy sauce
- 1 Tbsp (15 mL) rice vinegar
- 1 Tbsp (15 mL) sesame oil
- 1½ tsp (7 mL) granulated sugar
- 1 large clove garlic, minced
- Pinch salt



PHOTOGRAPHY BY YVONNE DUIVENVOORDEN

Tofu Sesame Noodles.

METHOD:
Fried tofu cubes: Cut 8 oz (250 g) firm tofu into 1-inch (2.5 cm) cubes; toss with 2 tbsp (30 mL) cornstarch. Fry in 1 Tbsp (15 mL) vegetable oil until golden

Sesame Sauce: In bowl, combine tahini, hot water, balsamic vinegar, soy sauce, rice vinegar, sesame oil and sugar until smooth. Finely mince garlic with salt to make paste; stir into sauce.

In large pot of boiling salted water, cook linguine according to package directions. Drain and chill under cold water; drain well. Toss with sesame oil; divide among 4 shallow noodle bowls.

Meanwhile, in small saucepan of boiling water, blanch carrot until tender-firm, about 1 minute. Remove with slotted spoon and chill under cold water; drain and pat dry. Repeat with edamame. Repeat with spinach; coarsely chop spinach.

Arrange carrot, edamame, spinach, cucumber and tofu in piles around noodles. Serve with sauce. Garnish with coriander.

online
For more recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Cheers to FIFA!

The ads say it's the most popular sport in the world. (No, not stalking people on Facebook). I'm talking about soccer. True or not, with the FIFA World Cup starting this week fans of every other game will have to get use to hearing about it.

What's cool booze wise is that the host country is South Africa: A wine producer whose liquid personality could use some time in the spotlight.

You can toast your favourite team here at home with a glass filled with one of the official limited edition FIFA wines being made by South Africa's Distell.

Rich, with full on gooseberry aromas and classy citrusy flavours; the **2009 Nederburg Twenty 10 World Cup Sauvignon Blanc** ($14.99 - $16.99) is a winner with chicken or white fish; while the **2007 Nederburg Twenty 10 World Cup Cabernet Sauvignon** ($14.99 - $16.99) scores with a meat-friendly blend of smoky blackberry, coffee and wood.

Coleman relationship was 'golden'

Gary Coleman's ex-wife calls their relationship "golden." In an interview aired on Monday's Good Morning America, Shannon Price says she had ordered that Coleman be taken off of life support on the advice of his doctors. THE ASSOCIATED PRESS

Entertainment

Fire alarm

Police say a tour bus being used by the pop singer Pink caught fire on its way from Munich to Berlin, but there were no injuries.

THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Glee star's summer vacation includes work on solo album

Morrison

MUSIC Matthew Morrison is taking a summer break from Glee, but not from music.

Morrison, who stars as earnest, upbeat glee club coach Will Schuester on the hit Fox series, planned to spend part of June in London working on his first solo CD.

"I'm writing all the music for it. It's me and a big orchestra behind me," Morrison said of the work in progress. He described his style on the album as a "dance heavy" cross between Michael Bublé and Justin Timberlake.

Glee wraps the season with tonight's finale (9 p.m. EDT), in which Schuester's New Directions club faces off against heavyweight rival Vocal Adrenaline at the long-awaited regional competition. Olivia Newton-John, Josh Groban, Idina Menzel and Jonathan Groff guest star.

So far, Morrison's hot record sales have been part of the Glee phenomenon, which has seen fans rush to download cast songs and snap up soundtracks.

Glee has given Morrison the kind of celebrity quotient that even a star turn on Broadway can't deliver. His chiseled looks and talent draw varied admirers.

THE ASSOCIATED PRESS

Ryan Adams, clockwise from top left, M.I.A., Courtney Love, and k-os have all had feuds with the music press.

Critical condition

When artists choose to fight back against their critics

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Somewhere in the world a journalist is talking to a musician. It happens every single day. Those interviews will end up in papers or magazines, they may be read by fans or the publication's readers, but the next day the story is usually old news.

At least that's how it usually works. It's rare that a band responds to something written about them — it's even more uncommon for an aggrieved artist to start an all out feud with a writer. But it happens, most recently when Maya Arulpragasam, a.k.a. M.I.A. became so enraged with a New York Times profile on her that she tweeted the journalist's phone number and then wrote a song called Haters, blasting reporters.

Whatever you think of M.I.A.'s revenge tactics or NYT's writer Lynn Hirshberg's less-than-flattering article, this isn't the first and won't be the last fight between musicians and the journalists who cover them. In fact, there have been plenty of fights that have been just as memorable. Here are three of the best:

K-os vs. Jason Richards

Canadians are generally a mild mannered bunch, but not Toronto rapper k-os. In 2006, ex-NOW writer Jason Richards (he currently contributes to Metro) said that the various collaborations with pop artists on his disc Atlantis: Hymns For Disco enforces some people's opinion that he's "a crossover pop artist disguised as a true-school b-boy."

The three star review was actually fairly positive, but k-os didn't see it that way. In a MySpace post the rapper said Richards, who is also Trinidadian, was "being manipulated by his indie rock nerd bosses," claimed the paper had a personal agenda, and then told Richards to eat a dick.

Ryan Adams vs. Jim DeRogatis

When a surly music scribe disses a surly musician you know fireworks will ensure.

In 2003, former Chicago Sun-Times writer Jim DeRogatis wrote a negative review of a Ryan Adams gig calling him a "spiky-haired alternative-country poseur," and that he "can't write one song as original or as heartfelt as anything by Jeff Tweedy."

When Adams got wind of the review he decided to call DeRogatis and leave him an expletive-filled voice message. "F— you, you a—hole, I'm so sick of it," he says. "You have a problem with me… you write about me every chance you get." No word on if they made up.

Courtney Love vs. Belissa Cohen

Most musician/journalist feuds play out in the press, but not when Courtney Love is involved. In 1998 journalist Belissa Cohen sued the Hole singer, claiming she was attacked by the grunge gal at a fashion show after the journalist tried to take her picture.

Cohen said that the Hole singer kicked her in the groin, punched her in the face and pulled her hair. Love's publicist responded that Cohen was "an out-of-control paparazzo." The two settled out of court.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Li takes a new turn
Jet Li says he hopes that his new movie about autism offers a refreshing alternative to the historical and kung fu epics that dominate the Chinese industry. The veteran action star plays an aquarium worker who cares for his autistic son in the low-budget Ocean Heaven. METRO NEWS SERVICES

Dealing with Rush hour

For the iconic band, performing is all just a day's work

KAREN BLISS
for Metro Canada

Geddy Lee, Neil Peart and Alex Lifeson and have been together as Rush for 40 years.

Rush: Beyond the Lighted Stage is a documentary about one of the most successful independent businesses in Canada — a rock band. But to the three members of Toronto's Rush, it's their lives, just what they've chosen to do, just like anyone chooses an occupation and dedicates their lives to it.

Forty years and 40 million album sales later, lead vocalist/bassist/keyboardist Geddy Lee, guitarist Alex Lifeson and drummer Neil Peart have a fascinating story about friendship, entrepreneurialism and the pursuit of excellence, and directors Sam Dunn and Scot McFadyen tell it in a way that appeals to people who have never heard Rush, let alone want to know what the guys are like beyond the lighted stage.

Rush: Beyond the Lighted Stage screens Thursday

"I don't think we've ever looked at it as a big story, frankly," says Lee, sitting in the downtown office of Alliance Films with Lifeson. "It's hard to think of yourself in those terms. We just put one foot in front of the other and get on with it. To see it on a screen like that is a bit overwhelming for us because it's 40 years of your life. And all those moments of putting one foot in front of the other have added up to be this big story."

Among the astounding where-did-you-find-that footage is a teenage Lifeson moaning how he wants to quit school to a 1973 concert at Laura Secord Secondary School. The documentary serves as an example to any kid with a dream that might not be the norm.

Lee, Lifeson and Peart weren't there for each other's present-day interviews for the doc or for the guest interviews by fellow musicians such as Foo Fighters' Taylor Hawkins and Smashing Pumpkins Billy Corgan, so much of Beyond The Lighted Stage was a surprise to them as well.

"Certainly, it was good to hear the comments of other musicians that we look up to and admire and how they felt about our band," says Lifeson.

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Stereophonics drummer found dead

Stuart Cable, the former drummer with the British rock band Stereophonics, has died at the age of 40. South Wales Police say Cable was found early Monday at his home in the town of Aberdare, 265 kilometres west of London. THE ASSOCIATED PRESS

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DVD picks

Shutter Island

Director: Martin Scorsese

MARTIN SCORSESE'S ELEPHANTINE exercise in B-movie badness takes his crazy love of cinema to ludicrous extremes, forsaking all logic for a chance to revel in the style of hard-boiled psychodramas and film noir from the '40s and '50s.

Scorsese and screenwriter Laeta Kalogridis treat the source novel by Dennis Lehane (who also wrote Mystic River) as deep philosophy about dark secrets rather than the page-turning pulp fiction it is.

We need wonder no longer why Shutter Island suddenly vanished off the awards season radar last fall, much like the missing nuthouse inhabitant who brings Leonardo DiCaprio's seasick gumshoe Teddy Daniels on a Quixotic quest to the titular isle.

It's a dark and stormy afternoon as the seasick U.S. Marshal Teddy Daniels (Leonardo DiCaprio) and his new sidekick Chuck Aule (Mark Ruffalo) arrive at the Ashecliffe Hospital for the Criminally Insane, the last resort for lost causes.

The hospital is run by the bow-tied and bespoke-dressed Dr. Cawley (Ben Kingsley), who is so tightly wound he chomps his pipe as if he's cracking skulls. He professes to be a man of compassion, offering care for the most maligned of society's cast-offs — most of whom are psychotic murderers.

Cawley's hawk-eyed intensity wasn't enough to prevent the disappearance of multiple child murderer Rachel Solando, who seemingly vanished into thin air.

As Daniels and Aule poke around the premises and interrogate unhelpful hospital staff and inmates, they discover that things are not what they seem — although they should seem pretty weird, what with everybody giving ominous stares and making spooky statements.

Scorsese apologists argue the director isn't trying to make strict sense of the situation, as witnessed by his frequent use of hallucinatory sequences.

This line of reasoning might succeed only if the casting were better. DiCaprio is out of his league in this role. He's just not credible in the scuffed shoes of an alcoholic copper who also bears the psychic scars in World War II of having been one of the first soldiers to liberate the Dachau concentration camp.

Fish Tank

Director: Andrea Arnold

NEWCOMER KATIE JARVIS excels in the role of Mia, a terse 15-year-old living in British council flat hell who is a study in repressed rage — at least until the arrival of her mother's new boyfriend.

The film has the contours of a coming-of-age saga, although it's not a conventional one. Andrea Arnold's follow-up to Red Road, her harrowing surveillance drama, further demonstrates the British writer/director's late-reveal style of filmmaking that's grounded in strong character development.

Mia lives with blousy mother Joanne (Kierston Wareing) and younger sister Tyler (Rebecca Griffiths) in a crowded public housing flat. She isn't attending school, and her problems with substance abuse and anger aren't being addressed.

She has a talent for dancing and a hunger to get better — but money and inspiration are in shorter supply than compassion and caring.

Then mom brings home new boyfriend Connor (Michael Fassbender), a hunk with a ready smile and a roving eye.

Mia finds herself both attracting and reciprocating feelings of desire. There will be a temptation to judge Fassbender's character, since Mia is a year younger than the British age of sexual consent.

But Connor isn't completely without conscience, as he shows in an interlude where he takes the entire family on a Sunday drive. He is as caught up in the moment as Mia is, and he lives in a neighborhood where rough justice is the only law that anybody knows.

Fish Tank attains aspects of a thriller. But at all times it remains a solid character study about lonely and desperate people, who seek only to escape the invisible glass walls that surround them.

The scant extras includes Andrea Arnold's Andrea Arnold's Oscar-winning short film Wasp and a photo gallery.

Peter Howell/for Metro Canada

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Franco-fun story

Misunderstanding can be an education

Fred Ewanuick came to St-Cesaire, Que., to work on the new comedy French Immersion, but he admits he has a few concerns after trying to speak Canada's other official language.

"Everyone's too nice," says the Vancouver native who stars on CTV's Dan For Mayor.

Quebecers switch to English the minute they figure out he's more comfortable in the language of Shakespeare, he says, noting he did learn the French for "I'm sorry, I don't understand" before coming to the province.

Misunderstanding — both linguistically and culturally — is played for laughs in French Immersion, which comes from some of the same minds behind the hit cop comedy Bon Cop, Bad Cop.

French Immersion, which is slated to premiere on July 1, 2011, will be presented in the same way as Bon Cop, Bad Cop, with characters speaking to each other in their own languages and subtitles being used when necessary.

THE CANADIAN PRESS/PAUL CHIASSON

French Immersion co-writer Jefferson Lewis, left, and co-writer and director Kevin Tierney. They say the film's message is "lighten up."

The film looks at a group of Anglos who come to a rural Quebec town to learn the language of Moliere, with students and teachers alike getting a bit of an education.

While some of the Anglos in the cast are picking up some French, francophones say they're also learning about how French immersion is prized outside the borders of Quebec.

Karine Vanasse (Polytechnique), who plays earnest teacher Julie Tremblay, notes one scene where Ewanuick's postal worker character tells her he needs to learn French to get a promotion, even though there's no one in his town who speaks French.

"I don't think in Quebec we're quite conscious of that reality in the English part of Canada," she said.

THE CANADIAN PRESS

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G20 closes AGO

The Art Gallery of Ontario will be closed during the G20 summit late this month. Gallery officials cite road closures, traffic concerns and other potential disruptions for the decision. The gallery will close at 4 p.m. on Friday, June 25, and will remain closed the weekend of June 26-27. METRO NEWS SERVICES

Gord Downie bounces back

When asked how his family influences his music, Gord Downie is uncharacteristically grand in his response.

"They inspire everything," says the father of four over coffee in Toronto's east end. "Everything I do, everything I eat, everything I don't eat."

"You settle into the fact that you let these kids affect you in their great and positive ways, and that can only affect your work in great and positive ways."

And, in the case of Downie's new solo record, The Grand Bounce, his kids, who range in age from four to 14, affected the music in more tangible ways, too.

As the album disappears into its swirling closer Pinned, Downie whispers softly over a simple piano melody while ambient sounds of a train hum gently in the background.

Downie says most of the track was, in fact, recorded with his laptop while on a train ride home from a funeral. And the guest pianist was actually his daughter, whom he'd recorded while she was "tinkling away at the piano."

"She was appalled that I'd done that," Downie said with a smile.

Downie expanded kernels of inspiration like that one over and over for The Grand Bounce.

Its driving opener and first single, The East Wind — where swiftly strummed acoustic guitars provide an infectious accompaniment to Downie's oft-repeated howl: "It doesn't go around you, it goes right through" — was inspired by some idle chatter between Downie and a neighbour.

THE CANADIAN PRESS/FRANK GUNN

Gord Downie's new album is his first solo since 2003.

The brooding The Drowning Machine, meanwhile, was inspired by a newspaper clipping Downie spotted that reported on a deadly wave caused by a low-head dam in Alberta's Bow River, while The Hard Canadian grew from a comment video director Mike Clattenburg made to Downie that one of his projects was "hard Canadian and dope."

These moments add up to a record in which Downie clearly takes significant pride. He says that, in a way, he's even going to be a little sad when the album hits store shelves on Tuesday. "It's been a real labour of love — I'm sorry to see it go, in fact," said Downie. THE CANADIAN PRESS

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BATHURST & STEELES	6000 Bathurst	Bach $875	1 Bd $995 2 Bd $1135 3 Bd $1375	416-529-3867	One month free on select suites
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LAKESHORE & CLARKSON GO*	2150 Bromsarove Rd	1 Bdrms $995	2 Bd from $1135	416-529-1761	Ask about our 1st mth free move in incentive

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Alanis ties the knot

Here's something you oughta know: Canadian pop star Alanis Morissette is off the market. Morissette has married singer and rapper Souleye, whose real name is Mario Treadway. **METRO NEWS SERVICES**

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30 days in jail for Sheen

Charlie Sheen has agreed to plead guilty to a misdemeanour assault charge in his domestic violence case and work at a Colorado theatre company during a 30-day jail sentence, his wife's attorney said yesterday.

In exchange, prosecutors would drop criminal mischief and felony menacing charges stemming from an argument Sheen had with his wife Brooke on Christmas Day at an Aspen home where they were on vacation, attorney Yale Galanter said.

The deal called for Sheen to serve a 30-day sentence and serve three months probation, Galanter said.

A judge must still approve the agreement. Sheen was expected to appear Monday in an Aspen court.

Prosecutors confirmed last week that Sheen reached a plea agreement but released no details.

Neither Pitkin County prosecutors nor Sheen's attorney Richard Cummins immediately returned phone calls seeking comment.

Sheen, the star of the hit CBS show Two and a Half Men, has pleaded not guilty to menacing, criminal mischief and assault charges. The menacing charge carries a prison sentence of up to three years.

During the jail term, Galanter said Sheen will be released during the day so he can work at Theatre Aspen. He could leave the jail for work at 8 a.m. and would have to return by 8 p.m.

"He's being sentenced to jail, and he's being released for work, thereby, it's work," Galanter said.

Paige Price, the theatre's artistic director, said Sheen has agreed to work for free. Part of his duties would include teaching a class for professional actors and possible fundraising for the non-profit.

"We think it is community service in that it is a non-profit," Price said.

Brooke Mueller Sheen approved the deal, Galanter said. She previously asked prosecutors to drop the charges against Sheen but they refused, according to the lawyer.

He said prosecutors had offered a deferred sentence, whereby Sheen would plead guilty to a felony and charges would be dropped after two years, which is similar to the way other cases are resolved in Colorado.

Sheen has taken anger management classes and will present evidence showing he has completed a 36-hour course, Galanter said.

"They're both adults, and they have two beautiful babies together. I know they're working on it. I can tell you that no matter what happens, Charlie and Brooke will always be good friends," he said.

Sheen agreed last month to return to Two and a Half Men for two more seasons.

THE ASSOCIATED PRESS

ro	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/8/10	265	353	2	TVO	Parks	Recreating	The Agenda With Steve Paikin		The Jury (Part 5 of 6)		Science of Babies		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS Citywide blackout.		Glee "Journey" (N)		The Good Wife "Home"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	22 Minutes	Laughs	Rick Mercer	Just/Laughs	Comedy Fest.	Comedy Fest.	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		America's Got Talent (N)		Curb-Enthsm	Curb-Enthsm	News
	212	313	8	CTV	etalk	Access H.	CSI: Crime Scene Invstgtn.		Criminal Minds (HDTV)		Law & Order "Blackmail"		CTV News
primetime	218	345	11	CHCH	Air Bud 2 ★ (1998, Comedy-Drama) Kevin Zegers.				The Brothers Solomon ★ (2007, Comedy) Will Arnett.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Jimmy Kimmel	Positive Living	Hush (2005, Suspense) Tori Spelling, Victoria Pratt.				Dream Car
	-	387	16	CBS	Inside Edition	Access H.	NCIS Citywide blackout.		NCIS: Los Angeles		The Good Wife "Home"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	Losing It With Jillian (N)		America's Got Talent (N)		Law & Order "Blackmail"		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Jimmy Kimmel	NBA	NBA Basketball Finals, Game 3 -- Los Angeles Lakers at Boston Celtics.				
	219	346	20	ACH-B	Canada's Worst Driver		Raising the Bar		Drumline ★★★ (2002, Comedy-Drama) Nick Cannon.				A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (PA) (N)		(8:59) Glee "Journey"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	Dr. Christiane Northrup: Women's Bodies, Women's Wisdom				Qi Gong for Weight Loss		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According-Jim	Family Guy	News at 6	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
	509	504	79	CNB	Kudlow Report (N)		Tom Brokaw Reports: Boomer$!				American Greed		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	Interruption	NBA Pregame	NBA Basketball Finals, Game 3 -- Los Angeles Lakers at Boston Celtics. (HDTV) (Live)					
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	81	SC	NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam
family	551	542	25	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
cable variety	602	567	27	W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	Rivals ★ (2000, Docudrama) Jennifer Finnigan.		
	570	580	29	MM	Styl'd		Pretty Little Liars "Pilot" (N)		Hard Times	Degrassi: Next	Degrassi: Next	Video on Trial	UR11
	615	520	31	A&E	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	The Guard (HDTV)		Ties That Bind Accused of abuse.				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40	BVO	Live at the Rehearsal Hall		Straight Shooter: The Mamas & the Papas			Bravo!Videos	Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (HDTV) (N)		Weather
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Design School (N)		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	Biker Boyz ★
	576	582	49	BET	106 & Park: BET's Top 10 Live		I Do... I Did! (2009, Comedy) Cherie Johnson, Marcus Patrick.				Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who "Dalek"		The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1
	581	566	52	MTV	The Hills	After	Cribs	Hired	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Wife Swap		Wife Swap		Restaurant Makeover		Last 10
	603	561	56	FOOD	Ricardo	Exotic	Dinner Imposs.	Dinner Imposs.	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Five Roads to Freedom (N)		ideaCity	Med. Woman	Doc
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "The Plan"		Missing "Mr. Nobody"		Medium "Head Games"		Cold Case "The Plan"		Psychic Inv.
	300	601	301	M1	Fired Up	Encounters With Danger (2009) (HDTV)			The Hurt Locker ★★★ (2008, War) Jeremy Renner.				Brûno
	305	612	306	PIX	Raiders	(7:20) The Rendering (2002, Suspense)			Slap Shot ★★★ (1977, Comedy-Drama) Paul Newman.				We All Fall
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Star Yearbook		FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics'corner

Straight Shooter: The Story of the Mamas and the Papas

The folk-pop mix of the Mamas and the Papas spawned hits that raided the music charts of the 1960s and are still popular today. Follow the story behind the music in a video biography. The quadraphonic group that sprang from the new folk movement became a major part of the California pop scene. The program includes the stories behind such timeless favorites as "Monday Monday" and "I Saw Her Again." 8 PM on BVO

Glee

They came, they saw, they warbled, and now, as Fox's breakout hit musical dramedy wraps up its first season, Will and his glee club, New Directions, face off against their archrivals, Vocal Adrenaline, at what is sure to be a tense regional competition. 8:59 PM on FOX; 9 PM on GTV

NCIS: Los Angeles

A crime scene poses a national security risk when Callen and the team discover the location was used to create a deadly toxin that is now missing in "LD50." 9 PM on CBS

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Elton's million-dollar Rush

Elton John belted out the tunes at right-wing commentator Rush Limbaugh's fourth marriage, reports people.com. Limbaugh married Kathryn Rogers on Saturday. The website reports John received $1 million for his performance. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

DAVID ARCHULETA could use some assistance, **TILA TEQUILA** is looking for attention, **LINDSAY LOHAN** is finding new ways to overindulge and **ASHTON KUTCHER** is full of trivia knowledge.

@DavidArchie Phew, sometimes hauling around suitcases sure does give you a good workout.

@TilaOMG I told u guys i have multiple personalities. I fell asleep and just woke up with blood cuts everywhere! and everything is smashed

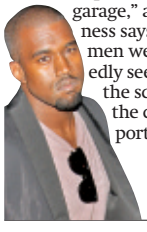
@lindsaylohan Tooooo many monster energy drinks!!!!!

@aplusk Little known fact: 2.2 million Americans play the accordian

METRO NEWS SERVICES

Kanye's 'stolen' Porsche totalled

CRASHING COUSIN? Kanye West probably regrets allegedly agreeing to lend his cousin his Porsche, since the car ended up crashed into a home in Honolulu, according to Hollyscoop. "There was just a tremendous crash. ... I looked over and saw the car impaled in the garage," an eyewitness says. Three men were reportedly seen fleeing the scene, and the car was reported stolen. METRO WORLD NEWS



Bullock has a little fun on own expense

THERE'S A BRIGHT SIDE TO EVERY BOMB Sandra Bullock has finally broken her silence, and she used a pair of awards shows to do it.

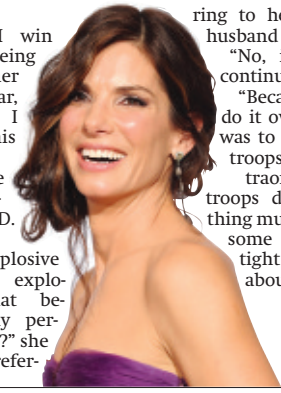
While Bullock was expected at the MTV Movie Awards, where she accepted to MTV Generation award, she surprised audiences the night before when she accepted the Troops Choice award at the Spike TV Awards.

Bullock was even willing to poke fun at herself while accepting her award.

"Did I win this for being entertainer of the year, or did I win this because of the spectacular I.E.D. (improvised explosive device) explosion that became my personal life?" she said, referring to her split from husband Jesse James.

"No, it's OK," she continued.

"Because I would do it over again if it was to entertain our troops, and our extraordinary troops deserve something much more than some actress in a tight dress talking about herself." METRO WORLD NEWS



Amy has love rival

... AND THE CLAWS ARE OUT Amy Winehouse may seem happy with director Travis Regg, the new man she's reportedly dating since meeting him at a pub a few weeks ago, but she's apparently not the only woman in Regg's life.

Regg has reportedly been dating a burlesque dancer named Raven Isis Holt, according to the Sun. The pair were even spotted dining together as recently as last week. "Amy can't steal my man," Holt reportedly told a friend, according to the newspaper. "He's told me they are just friends and I believe him." METRO WORLD NEWS

Cops warn Tila over video scare

THE HORROR! THE FAKE HORROR! MTV reality star Tila Tequila received a stern warning after more than 70 police and emergency workers were dispatched to find her, prompted by a video posted to her blog showing a bloodied arm believed to be from suicide attempts.

"Tila assured police she was OK," a source says. METRO WORLD NEWS

Dr. Pinsky ready to apologize to LiLo

BUT WHERE IS LINDSAY? Dr. Drew Pinsky has been trying to make amends with Lindsay Lohan, but to no avail. The Celebrity Rehab host showed up the KROQ Weenie Roast concert in Los Angeles over the weekend in the hopes of running into Lohan, according to Us Weekly.

"I was going to reach out to her and say hi and apologize if indeed I caused her any distress; that was never my intention," he says, referring to his speculation two months ago about Lohan's drug use that angered the actress.

But Lohan was a no-show at the concert. Then, at the MTV Movie Awards, Lohan reportedly had her seat moved when she realized how close to Pinsky she'd originally been seated. METRO WORLD NEWS

J-Lo, Anthony renew vows

SIX YEARS AND GOING STRONG Jennifer Lopez and Marc Anthony celebrated their sixth wedding anniversary over the weekend by renewing their vows during a ceremony in front of friends and family at their new home in Hidden Hills, Calif., according to Us Weekly. "We're really looking forward to this one," Anthony tells the magazine "This is a big anniversary." METRO WORLD NEWS

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Today Sunny 21° / 12° | Wednesday Showers 70% 19° / 15° | Thursday Variable 40% 22° / 17°

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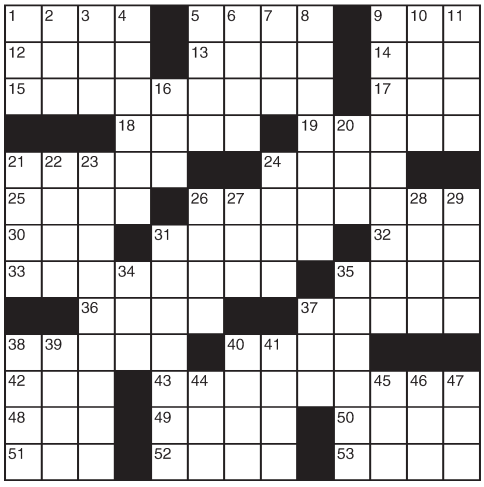

ACROSS

1 Shaft of light
5 Swordfight, e.g.
9 Skirt edge
12 Met melody
13 Con
14 Ended a fast
15 Measuring device
17 Trench
18 Encounter
19 Fisher or Cantor
21 Host
24 From the start
25 Bank transaction
26 Dark and threatening
30 Rail
31 Written in a secret language
32 Shad product
33 Human-like robots
35 Small plateau
36 Addition problems
37 Passenger
38 Yellow-brown color
40 Stereotypical techie
42 — constrictor
43 Anteaters
48 Rowing need
49 Haul behind
50 Profound
51 Wapiti
52 TV award
53 Singer Anita

DOWN

1 Chesapeake or Coos
2 Historic time
3 Atmosphere
4 AMC series set in the ad world
5 Appointment
6 One
7 And so on (Abbr.)
8 Compared (to)
9 Inborn
10 Needle case
11 Apportion
16 Witness
20 Aachen article
21 Portoferraio's isle
22 Complain
23 Crafty poker player, e.g.
24 Dumbfounds
26 "Family Guy" mom
27 Peculiar
28 Small winning margin
29 Paraphernalia
31 Pal
34 Regret
35 Gilbert and Sullivan operetta, with "The"
37 Gun the engine
38 Reed instrument
39 Shade of black
40 Fat measure
41 Tense
44 Branch
45 Roulette bet
46 Mauna —
47 Agent

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4	9		2		1		
8								9
3		1		6				
5		8	2			9		
	9						3	
		6			3	2		8
				5		4		6
7								5
		3		7		8	1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	5	2	1	4	7	6	8	9
1	6	9	3	8	2	5	7	4
4	7	8	9	5	6	3	1	2
2	8	5	4	1	9	7	3	6
7	1	4	5	6	3	9	2	8
6	9	3	7	2	8	1	4	5
8	3	6	2	9	1	4	5	7
5	2	1	6	7	4	8	9	3
9	4	7	8	3	5	2	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Ham and Egg Pie

INGREDIENTS:
1 store-bought pie crust
1 1/2 cups shredded part-skim mozzarella or Swiss cheese
1/2 cup finely chopped cooked ham
2 tbsp all-purpose flour
1 1/2 cups low-fat 1% milk
2 large eggs
2 large egg whites
1/2 tsp dried basil
1/8 tsp black pepper

METHOD:
1. Preheat oven to 400°F (200°C). Line pie plate or quiche dish with pie crust; crimp edge. Line crust with foil and fill with dried beans. Bake 15 minutes or until light brown. Cool pie crust on rack 5 minutes; discard foil. (Save beans for future pastry baking.)

2. Meanwhile, in medium-size bowl, combine mozzarella cheese, ham, and flour. Spread in crust.

3. In same bowl, whisk milk, eggs, egg whites, basil and pepper. Pour mixture into crust. Cover edges of pie with foil. Bake 20 minutes; remove foil. Bake 15 minutes more or until centre is set.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
With Jupiter and Uranus aligned in your sign there is nothing you cannot do if you put your mind to it. Don't waste this opportunity.

TAURUS
APRIL 21-MAY 21
Do something so out of the ordinary today. Because you are usually so predictable it can have a huge effect when you do things that are not expected.

GEMINI
MAY 22-JUNE 21
You will make friends so easily today that it may get a bit tedious when everyone wants to get close to you. Be generous with your time.

CANCER
JUNE 22-JULY 22
You have what it takes to move into a position of power, but you must believe in yourself if you want employers and authority figures to believe in you too.

LEO
JULY 23-AUG 23
Opportunity will knock today and if you've got any sense you will say "Thank You Very Much" and grab what is being offered with both hands.

VIRGO
AUG 24-SEPT 22
What you want and what you need may be different things but there is no reason at all why you can't have them both.

LIBRA
SEPT 23-OCT 23
Whatever you are doing in the way of work or play over the next 24 hours you will be doing it in the glare of publicity.

SCORPIO
OCT 24-NOV 22
Good news is on its way. It may not look good to begin with but if you give it time and if you think creatively you will find ways to further your ambitions.

SAGITTARIUS
NOV 23-DEC 21
It does not matter in the slightest that one or two little things may be going wrong. What matters is that the outlook for you is excellent.

CAPRICORN
DEC 22-JAN 20
A fractured relationship can easily be repaired today. If you make an effort you can get things back to how they were a few months ago. So make it.

AQUARIUS
JAN 21-FEB 18
If you feel like doing something out of the ordinary, don't hold back. Today you can get away with almost anything. Think about it — then act.

PISCES
FEB 19-MARCH 20
Important people are watching you closely and if they like what they see there could be a promotion for you very soon.

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Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ***Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Δ2010 Chevrolet Silverado 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. 2010 Chevrolet Silverado 2WD equipped with 4.3L Vortec V6 engine and 4-speed automatic transmission. 2010 Chevrolet Colorado 2WD equipped with 2.9L Vortec I-4 engine and 5-speed manual transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Silverado received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ◆◆Dependability based on longevity, as sourced from R. L. Polk Canada, Inc.; Canadian Vehicle in Operation registrations as of July 1, 2009 (Model Years 1988 to 2008) and Total New Vehicle Registrations for the full-size light-duty pickup truck segment, including chassis cabs. Based on % of vehicles remaining in operation, weighted on age of vehicle. ††Chevrolet Silverado Ext. Cab LTZ with S83 and PDG, MSRP with freight, PDI & fees $49,699. Chevrolet Silverado Reg. Cab WT with long box and PCX, MSRP with freight, PDI & fees $28,404. ¥Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. 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After applying $1,500 credit, after tax price is $9,700 ($1,327.50 reduced purchase price plus $172.50 applicable taxes), with the $1,500 credit being the $1,327.50 reduction from the purchase price and the $172.50 reduction in taxes which would have otherwise been payable on the full purchase price. $1,500 Bonus available to: (i) current GMAC Lease customers; or (ii) current owners of a Saturn, SAAB, Pontiac or Hummer. $1,000 Bonus available only to customers who currently own a GM vehicle and are not eligible for the $1,500 Bonus. To be eligible for a GM Owner Loyalty Bonus, customer's GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 03/08/10-06/30/10. 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Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDG Truck"); or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDG Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by The Government of Canada, and you must turn in a 1995 model year or older vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the Retire Your Ride Program, GM Canada will provide a manufacturer to consumer incentive towards the purchase/finance/lease of a new eligible 2010 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo and Cobalt and Medium Duty trucks, in an amount ranging from $750 to $3,000, depending on the model purchased. Incentive applied after taxes. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between May 6, 2010 and June 30, 2010, and may not be combined with certain other incentives available on GM vehicles. By participating in this program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. If you successfully complete the Retire Your Ride program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information.

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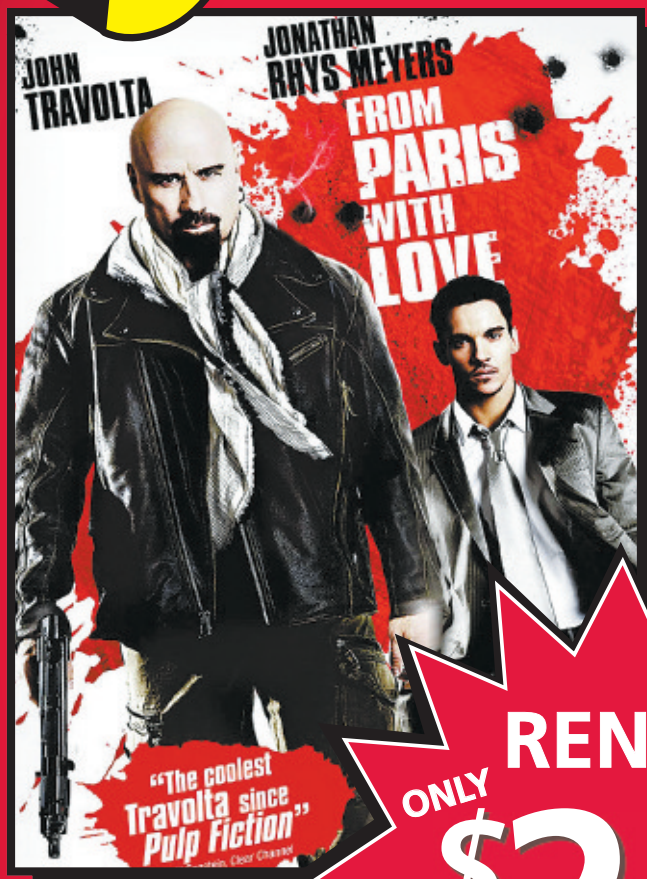

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